

WEBVTT

NOTE duration:"01:01:13.4500000"

NOTE language:en-us

NOTE Confidence: 0.83737004

00:00:00.000 --> 00:00:03.514 Everyone to the first of four smilow

NOTE Confidence: 0.83737004

00:00:03.514 --> 00:00:06.973 shares events with a focus on National

NOTE Confidence: 0.83737004

00:00:06.973 --> 00:00:10.500 Cancer Survivors Day or here at Smilow,

NOTE Confidence: 0.83737004

00:00:10.500 --> 00:00:15.008 we're going to celebrate the entire month.

NOTE Confidence: 0.83737004

00:00:15.010 --> 00:00:17.890 My name is Doctor Tara Samt I am

NOTE Confidence: 0.83737004

00:00:17.890 --> 00:00:20.088 the director of the survivorship

NOTE Confidence: 0.83737004

00:00:20.088 --> 00:00:22.252 clinic at Yale, New Haven.

NOTE Confidence: 0.83737004

00:00:22.252 --> 00:00:25.300 So the chair of the NCC N survivorship

NOTE Confidence: 0.83737004

00:00:25.384 --> 00:00:27.622 guidelines this is near and dear

NOTE Confidence: 0.83737004

00:00:27.622 --> 00:00:30.530 to my heart and it's my pleasure

NOTE Confidence: 0.83737004

00:00:30.530 --> 00:00:32.745 to be facilitating this panel

NOTE Confidence: 0.83737004

00:00:32.745 --> 00:00:36.418 tonight on strength and exercise.

NOTE Confidence: 0.83737004

00:00:36.420 --> 00:00:38.862 Just a few things to mention

NOTE Confidence: 0.83737004

00:00:38.862 --> 00:00:40.490 before we get started.

NOTE Confidence: 0.83737004

00:00:40.490 --> 00:00:42.850 This is supposed to be fun and an

NOTE Confidence: 0.83737004

00:00:42.850 --> 00:00:44.672 casual and hopefully interactive

NOTE Confidence: 0.83737004

00:00:44.672 --> 00:00:46.996 in our brainstorming sessions,

NOTE Confidence: 0.83737004

00:00:47.000 --> 00:00:50.360 we decided we would come up with some

NOTE Confidence: 0.83737004

00:00:50.360 --> 00:00:52.861 mythbusting ways to talk about some

NOTE Confidence: 0.83737004

00:00:52.861 --> 00:00:55.237 of these topics because there is

NOTE Confidence: 0.83737004

00:00:55.321 --> 00:00:58.425 certainly a lot of myths as it relates

NOTE Confidence: 0.83737004

00:00:58.425 --> 00:01:02.238 to exercise and strength after cancer.

NOTE Confidence: 0.83737004

00:01:02.240 --> 00:01:05.165 We have a lot of people tuning in tonight,

NOTE Confidence: 0.83737004

00:01:05.170 --> 00:01:07.126 so welcome if you have questions,

NOTE Confidence: 0.83737004

00:01:07.130 --> 00:01:09.636 we encourage you to use the question

NOTE Confidence: 0.83737004

00:01:09.636 --> 00:01:12.246 and answer section or for the chat you

NOTE Confidence: 0.83737004

00:01:12.246 --> 00:01:14.406 can chat to the panelists if you'd

NOTE Confidence: 0.83737004

00:01:14.406 --> 00:01:16.910 like to put in your questions that way,

NOTE Confidence: 0.83737004

00:01:16.910 --> 00:01:20.168 and I know that some of my dear friends

NOTE Confidence: 0.83737004

00:01:20.168 --> 00:01:23.735 and patients are on the call tonight too.

NOTE Confidence: 0.83737004

00:01:23.740 --> 00:01:25.520 So before we get started,

NOTE Confidence: 0.83737004

00:01:25.520 --> 00:01:27.837 we'll just go around and we can

NOTE Confidence: 0.83737004

00:01:27.837 --> 00:01:29.667 briefly introduce each of our

NOTE Confidence: 0.83737004

00:01:29.667 --> 00:01:31.219 speakers and panelists tonight.

NOTE Confidence: 0.83737004

00:01:31.220 --> 00:01:33.350 Why don't we start with Kellyanne?

NOTE Confidence: 0.83737004

00:01:33.350 --> 00:01:33.721 Then?

NOTE Confidence: 0.83737004

00:01:33.721 --> 00:01:36.318 We'll scoot around and then we'll have

NOTE Confidence: 0.83737004

00:01:36.318 --> 00:01:38.690 Stacy kick us off with some words.

NOTE Confidence: 0.8617044

00:01:41.450 --> 00:01:44.216 Hi, my name is Kelly Herzog.

NOTE Confidence: 0.8617044

00:01:44.220 --> 00:01:46.068 I'm an exercise physiologist

NOTE Confidence: 0.8617044

00:01:46.070 --> 00:01:47.459 at Greenwich Hospital.

NOTE Confidence: 0.8617044

00:01:47.460 --> 00:01:49.938 I've been there for 15 years

NOTE Confidence: 0.8617044

00:01:49.938 --> 00:01:52.999 and I work with cardiac rehab,

NOTE Confidence: 0.8617044

00:01:53.000 --> 00:01:55.310 pulmonary rehab and our next

NOTE Confidence: 0.8617044

00:01:55.310 --> 00:01:57.158 steps Breast cancer program.

NOTE Confidence: 0.83533746

00:01:58.340 --> 00:01:59.588 Thank you Scott.

NOTE Confidence: 0.73964393

00:02:00.630 --> 00:02:02.388 I am Scott composer under the

NOTE Confidence: 0.73964393

00:02:02.388 --> 00:02:04.210 physical therapist for the Smilow

NOTE Confidence: 0.73964393

00:02:04.210 --> 00:02:05.980 Multidisciplinary survivorship clinic.

NOTE Confidence: 0.73964393

00:02:05.980 --> 00:02:08.374 That Doctor Santa is the medical

NOTE Confidence: 0.73964393

00:02:08.374 --> 00:02:11.328 director of up in up in New Haven,

NOTE Confidence: 0.73964393

00:02:11.330 --> 00:02:13.997 and I'm also the first physical therapist.

NOTE Confidence: 0.73964393

00:02:14.000 --> 00:02:15.910 Flat Yellow Haven Hospital who's

NOTE Confidence: 0.73964393

00:02:15.910 --> 00:02:17.820 dedicated to doing oncology rehab.

NOTE Confidence: 0.73964393

00:02:17.820 --> 00:02:19.890 So it's an honor and a

NOTE Confidence: 0.73964393

00:02:19.890 --> 00:02:22.020 pleasure to be here tonight.

NOTE Confidence: 0.8503681

00:02:23.720 --> 00:02:25.268 And doctor Janet Friedman

NOTE Confidence: 0.8655323

00:02:27.540 --> 00:02:29.952 I'm Janet Friedman and I'm a

NOTE Confidence: 0.8655323

00:02:29.952 --> 00:02:31.997 physiatrist at Greenwich Hospital in

NOTE Confidence: 0.8655323

00:02:31.997 --> 00:02:33.862 the physical medicine department and

NOTE Confidence: 0.8655323

00:02:33.862 --> 00:02:36.995 I treat a wide range of patients with

NOTE Confidence: 0.8655323

00:02:36.995 --> 00:02:38.567 physical medicine and rehabilitation,

NOTE Confidence: 0.8655323

00:02:38.570 --> 00:02:42.476 but also see all of our breast

NOTE Confidence: 0.8655323

00:02:42.476 --> 00:02:44.150 cancer patients and.

NOTE Confidence: 0.8655323

00:02:44.150 --> 00:02:46.350 Staff our new survivorship clinic.

NOTE Confidence: 0.766947608

00:02:48.180 --> 00:02:51.100 And Stacy larosa. My name

NOTE Confidence: 0.81600857

00:02:51.100 --> 00:02:52.144 is Stacy La Rosa.

NOTE Confidence: 0.81600857

00:02:52.144 --> 00:02:53.710 I am a nurse practitioner working

NOTE Confidence: 0.81600857

00:02:53.767 --> 00:02:55.459 in the Smile Office in Waterbury.

NOTE Confidence: 0.81600857

00:02:55.460 --> 00:02:57.652 So for any of you listening in a

NOTE Confidence: 0.81600857

00:02:57.652 --> 00:02:59.414 little bit north of New Haven but

NOTE Confidence: 0.81600857

00:02:59.414 --> 00:03:01.470 not quite as far West as Greenwich,

NOTE Confidence: 0.81600857

00:03:01.470 --> 00:03:03.388 we are a small office that's great

NOTE Confidence: 0.81600857

00:03:03.388 --> 00:03:05.294 easy on off from 84. So anyone.

NOTE Confidence: 0.81600857

00:03:05.294 --> 00:03:07.198 We treat every type of cancer there.

NOTE Confidence: 0.8511013

00:03:09.160 --> 00:03:10.600 Great, thank you so much.

NOTE Confidence: 0.8511013

00:03:10.600 --> 00:03:12.712 I think what we'll do is we'll start

NOTE Confidence: 0.8511013

00:03:12.712 --> 00:03:15.207 with a few words from Stacy and Stacy.

NOTE Confidence: 0.8511013

00:03:15.210 --> 00:03:17.149 Tell us what you were thinking about

NOTE Confidence: 0.8511013

00:03:17.149 --> 00:03:19.238 when coming on to this panel tonight.

NOTE Confidence: 0.8511013

00:03:19.240 --> 00:03:21.256 So when I was coming on to

NOTE Confidence: 0.8511013

00:03:21.260 --> 00:03:23.771 this panel, I would say one of the most

NOTE Confidence: 0.8511013

00:03:23.771 --> 00:03:25.867 common myths that I hear from patients

NOTE Confidence: 0.8511013

00:03:25.867 --> 00:03:27.589 about exercise is related to fatigue.

NOTE Confidence: 0.8511013

00:03:27.590 --> 00:03:29.582 So fatigue is obviously one of the most

NOTE Confidence: 0.8511013

00:03:29.582 --> 00:03:31.418 common symptoms that patients experience when

NOTE Confidence: 0.8511013

00:03:31.418 --> 00:03:33.350 they were going through cancer treatment.

NOTE Confidence: 0.8511013

00:03:33.350 --> 00:03:34.790 And unfortunately, even for survivors,

NOTE Confidence: 0.8511013

00:03:34.790 --> 00:03:37.009 it's one of the most common symptoms

NOTE Confidence: 0.8511013

00:03:37.009 --> 00:03:39.197 experienced even after being cured of cancer.

NOTE Confidence: 0.8511013

00:03:39.200 --> 00:03:40.340 So oftentimes we're talking

NOTE Confidence: 0.8511013

00:03:40.340 --> 00:03:41.765 about how to manage fatigue,
NOTE Confidence: 0.8511013

00:03:41.770 --> 00:03:43.667 and one of the most common things
NOTE Confidence: 0.8511013

00:03:43.667 --> 00:03:45.189 that I recommend is exercise,
NOTE Confidence: 0.8511013

00:03:45.190 --> 00:03:46.588 and the first response I get
NOTE Confidence: 0.8511013

00:03:46.588 --> 00:03:48.610 is how can I possibly exercise?
NOTE Confidence: 0.8511013

00:03:48.610 --> 00:03:49.682 I'm exhausted enough already.
NOTE Confidence: 0.8511013

00:03:49.682 --> 00:03:52.029 That's going to make me even more exhausted.
NOTE Confidence: 0.8511013

00:03:52.030 --> 00:03:53.930 You must be crazy.
NOTE Confidence: 0.8511013

00:03:53.930 --> 00:03:55.218 So I get it.
NOTE Confidence: 0.8511013

00:03:55.218 --> 00:03:56.506 It seems totally counterintuitive
NOTE Confidence: 0.8511013

00:03:56.506 --> 00:03:57.881 that exerting yourself would
NOTE Confidence: 0.8511013

00:03:57.881 --> 00:03:59.566 actually lead to more energy,
NOTE Confidence: 0.8511013

00:03:59.570 --> 00:04:00.898 but there's actually strong
NOTE Confidence: 0.8511013

00:04:00.898 --> 00:04:02.226 evidence that it's true,
NOTE Confidence: 0.8511013

00:04:02.230 --> 00:04:03.554 so the typical dose,
NOTE Confidence: 0.8511013

00:04:03.554 --> 00:04:04.547 so to speak,

NOTE Confidence: 0.8511013

00:04:04.550 --> 00:04:06.338 for activity that's been proven to

NOTE Confidence: 0.8511013

00:04:06.338 --> 00:04:08.681 help fatigue is 30 minutes of moderate

NOTE Confidence: 0.8511013

00:04:08.681 --> 00:04:10.859 aerobic exercise three times per week,

NOTE Confidence: 0.8511013

00:04:10.860 --> 00:04:13.182 plus twice per week of strength exercise.

NOTE Confidence: 0.8511013

00:04:13.182 --> 00:04:15.194 You will note that this is

NOTE Confidence: 0.8511013

00:04:15.194 --> 00:04:16.546 technically different than the

NOTE Confidence: 0.8511013

00:04:16.546 --> 00:04:17.923 recommendations for exercise for

NOTE Confidence: 0.8511013

00:04:17.923 --> 00:04:19.488 general health and physical fitness,

NOTE Confidence: 0.8511013

00:04:19.490 --> 00:04:22.194 which would be about five times per week

NOTE Confidence: 0.8511013

00:04:22.194 --> 00:04:24.956 of moderate activity for 3030 minutes each.

NOTE Confidence: 0.8511013

00:04:24.960 --> 00:04:29.280 But it can absolutely help fatigue.

NOTE Confidence: 0.8511013

00:04:29.280 --> 00:04:31.256 The few things that I tell my patients

NOTE Confidence: 0.8511013

00:04:31.256 --> 00:04:33.387 is first of all set an achievable goal.

NOTE Confidence: 0.8511013

00:04:33.390 --> 00:04:34.932 So for many patients going through

NOTE Confidence: 0.8511013

00:04:34.932 --> 00:04:35.910 chemotherapy, radiation, or surgery,

NOTE Confidence: 0.8511013

00:04:35.910 --> 00:04:37.590 you may have not been very physically

NOTE Confidence: 0.8511013

00:04:37.630 --> 00:04:38.790 active during that treatment.

NOTE Confidence: 0.8511013

00:04:38.790 --> 00:04:40.798 It might have been hard to get off

NOTE Confidence: 0.8511013

00:04:40.798 --> 00:04:42.895 the couch to even go to the bathroom,

NOTE Confidence: 0.8511013

00:04:42.900 --> 00:04:44.699 so setting an achievable goal of 1st,

NOTE Confidence: 0.8511013

00:04:44.700 --> 00:04:46.436 I'm going to go from the couch

NOTE Confidence: 0.8511013

00:04:46.436 --> 00:04:47.530 to the front door.

NOTE Confidence: 0.8511013

00:04:47.530 --> 00:04:49.324 Then I'm going to go to the

NOTE Confidence: 0.8511013

00:04:49.324 --> 00:04:50.872 couch to the mailbox, you know,

NOTE Confidence: 0.8511013

00:04:50.872 --> 00:04:52.154 setting, and the goal is,

NOTE Confidence: 0.8511013

00:04:52.154 --> 00:04:53.182 of course, 30 minutes,

NOTE Confidence: 0.8511013

00:04:53.182 --> 00:04:54.206 three times a week,

NOTE Confidence: 0.8511013

00:04:54.210 --> 00:04:56.226 but you don't want to feel like you

NOTE Confidence: 0.8511013

00:04:56.226 --> 00:04:58.020 failed or that you haven't reached

NOTE Confidence: 0.8511013

00:04:58.020 --> 00:04:59.868 your goal by not meeting that.

NOTE Confidence: 0.8511013

00:04:59.870 --> 00:05:01.646 So keep track of that and

NOTE Confidence: 0.8511013

00:05:01.646 --> 00:05:02.534 give yourself credit.

NOTE Confidence: 0.8511013

00:05:02.540 --> 00:05:04.577 And the second thing I would say

NOTE Confidence: 0.8511013

00:05:04.577 --> 00:05:06.106 is telling patients to choose

NOTE Confidence: 0.8511013

00:05:06.106 --> 00:05:07.586 an activity that you enjoy.

NOTE Confidence: 0.8511013

00:05:07.590 --> 00:05:08.778 So moderate aerobic activity

NOTE Confidence: 0.8511013

00:05:08.778 --> 00:05:10.253 would be brisk walking, tennis,

NOTE Confidence: 0.8511013

00:05:10.253 --> 00:05:11.102 biking or dancing.

NOTE Confidence: 0.8511013

00:05:11.102 --> 00:05:13.773 So find one of those that you really enjoy

NOTE Confidence: 0.8511013

00:05:13.773 --> 00:05:15.908 and can actually see yourself doing so.

NOTE Confidence: 0.8511013

00:05:15.910 --> 00:05:17.390 For me I hate dancing,

NOTE Confidence: 0.8511013

00:05:17.390 --> 00:05:19.294 so if anyone told me that Zumba

NOTE Confidence: 0.8511013

00:05:19.294 --> 00:05:21.248 was my only form of exercise,

NOTE Confidence: 0.8511013

00:05:21.250 --> 00:05:23.329 I would avoid it at all costs,

NOTE Confidence: 0.8511013

00:05:23.330 --> 00:05:25.898 but I love biking and said something I'm

NOTE Confidence: 0.8511013

00:05:25.898 --> 00:05:27.818 actually more excited about doing any

NOTE Confidence: 0.8511013

00:05:27.818 --> 00:05:30.300 of you doing closer to free ride also.
NOTE Confidence: 0.8511013

00:05:30.300 --> 00:05:30.860 And finally,
NOTE Confidence: 0.8511013

00:05:30.860 --> 00:05:32.540 find someone that you enjoy doing
NOTE Confidence: 0.8511013

00:05:32.540 --> 00:05:34.480 exercise with so that they can actually
NOTE Confidence: 0.8511013

00:05:34.480 --> 00:05:36.280 keep you accountable and you'll enjoy it.
NOTE Confidence: 0.8511013

00:05:36.280 --> 00:05:38.891 Whether it's a spouse or another cancer
NOTE Confidence: 0.8511013

00:05:38.891 --> 00:05:41.780 survivor or a friend or family member.
NOTE Confidence: 0.8511013

00:05:41.780 --> 00:05:43.614 Important thing to remember is safety first,
NOTE Confidence: 0.8511013

00:05:43.620 --> 00:05:45.270 so always talk to your oncology
NOTE Confidence: 0.8511013

00:05:45.270 --> 00:05:46.630 provider about what the safest
NOTE Confidence: 0.8511013

00:05:46.630 --> 00:05:48.310 way you need to ask if you can
NOTE Confidence: 0.8511013

00:05:48.310 --> 00:05:49.668 have clearance to exercise.
NOTE Confidence: 0.8511013

00:05:49.670 --> 00:05:50.666 If there's any restrictions
NOTE Confidence: 0.8511013

00:05:50.666 --> 00:05:52.160 that you need to follow or
NOTE Confidence: 0.86511964

00:05:52.212 --> 00:05:54.142 anything like that, and then in terms
NOTE Confidence: 0.86511964

00:05:54.142 --> 00:05:55.984 of what kind of program I would,

NOTE Confidence: 0.86511964

00:05:55.984 --> 00:05:58.197 I'm going to turn the floor over to Scott

NOTE Confidence: 0.86511964

00:05:58.197 --> 00:06:00.720 in terms of exactly how to start a program,

NOTE Confidence: 0.86511964

00:06:00.720 --> 00:06:02.554 what that might look like and what

NOTE Confidence: 0.86511964

00:06:02.554 --> 00:06:04.140 options are available for you locally.

NOTE Confidence: 0.84284836

00:06:06.190 --> 00:06:07.195 Thank you Stacy.

NOTE Confidence: 0.84284836

00:06:07.195 --> 00:06:09.930 Those are some great myths to start with.

NOTE Confidence: 0.84284836

00:06:09.930 --> 00:06:11.970 How could I possibly exercise if

NOTE Confidence: 0.84284836

00:06:11.970 --> 00:06:14.247 I'm so fatigued? But you're right,

NOTE Confidence: 0.84284836

00:06:14.247 --> 00:06:16.342 the evidence shows that that

NOTE Confidence: 0.84284836

00:06:16.342 --> 00:06:18.888 is some of the best medicine.

NOTE Confidence: 0.84284836

00:06:18.890 --> 00:06:20.520 Janet, let's move to you.

NOTE Confidence: 0.84284836

00:06:20.520 --> 00:06:23.166 I know that you have some a few slides

NOTE Confidence: 0.84284836

00:06:23.166 --> 00:06:25.892 to show to take us through an you're

NOTE Confidence: 0.84284836

00:06:25.892 --> 00:06:28.337 going to bust some myths as well.

NOTE Confidence: 0.8716134

00:06:30.660 --> 00:06:33.576 And you are muted, so you might need

NOTE Confidence: 0.8716134

00:06:33.576 --> 00:06:35.640 to unmute yourself. Before speaking.
NOTE Confidence: 0.8540384

00:06:43.710 --> 00:06:46.338 OK so I wanted to talk about the myth
NOTE Confidence: 0.8540384

00:06:46.338 --> 00:06:48.420 that exercise will cause lymphoedema
NOTE Confidence: 0.8540384

00:06:48.420 --> 00:06:50.669 and I started treating lymphoedema in
NOTE Confidence: 0.8540384

00:06:50.669 --> 00:06:53.461 the night late 1980s and we had very
NOTE Confidence: 0.8540384

00:06:53.461 --> 00:06:55.889 different ideas about it at that time.
NOTE Confidence: 0.8540384

00:06:55.890 --> 00:06:58.616 So Lymphoedema just to catch up on what
NOTE Confidence: 0.8540384

00:06:58.616 --> 00:07:01.621 it is is a swelling of a part of the
NOTE Confidence: 0.8540384

00:07:01.621 --> 00:07:04.405 body and it could occur after any type
NOTE Confidence: 0.8540384

00:07:04.405 --> 00:07:07.777 of surgery that involves the lymph nodes.
NOTE Confidence: 0.8540384

00:07:07.780 --> 00:07:10.540 So it can cause swelling in the arm,
NOTE Confidence: 0.8540384

00:07:10.540 --> 00:07:13.645 the leg, the head and neck in the breast,
NOTE Confidence: 0.8540384

00:07:13.650 --> 00:07:15.785 and it's an accumulation of fluid in
NOTE Confidence: 0.8540384

00:07:15.785 --> 00:07:18.478 the area that is having trouble with the
NOTE Confidence: 0.8540384

00:07:18.478 --> 00:07:20.635 normal drainage it would have because
NOTE Confidence: 0.8540384

00:07:20.635 --> 00:07:23.309 lymph nodes drain this fluid called lymph,

NOTE Confidence: 0.8540384

00:07:23.310 --> 00:07:25.718 which is about 10% of our circulating.

NOTE Confidence: 0.87567353

00:07:33.410 --> 00:07:34.909 Just me or body

NOTE Confidence: 0.87567353

00:07:34.910 --> 00:07:38.096 so many different types of surgery

NOTE Confidence: 0.87567353

00:07:38.096 --> 00:07:41.390 and cancer treatment can affect that.

NOTE Confidence: 0.87567353

00:07:41.390 --> 00:07:44.210 And just to give you an idea of the rate

NOTE Confidence: 0.87567353

00:07:44.284 --> 00:07:47.276 of lymphoedema and now if you had Sentinel

NOTE Confidence: 0.87567353

00:07:47.276 --> 00:07:49.927 lymph node biopsy with breast cancer,

NOTE Confidence: 0.87567353

00:07:49.930 --> 00:07:52.429 your risk is about 2 to 5%.

NOTE Confidence: 0.87567353

00:07:52.430 --> 00:07:54.848 When I first started treating Lymphoedema

NOTE Confidence: 0.87567353

00:07:54.848 --> 00:07:56.851 almost everyone had axillary lymph

NOTE Confidence: 0.87567353

00:07:56.851 --> 00:07:58.849 node dissection which took out many

NOTE Confidence: 0.87567353

00:07:58.849 --> 00:08:01.459 more lymph nodes and had a much higher

NOTE Confidence: 0.87567353

00:08:01.459 --> 00:08:03.102 rate prostate cancer, uterine cancer,

NOTE Confidence: 0.87567353

00:08:03.102 --> 00:08:04.526 ovarian cancer, skin cancer.

NOTE Confidence: 0.87567353

00:08:04.530 --> 00:08:07.015 All these types of treatments can give.

NOTE Confidence: 0.87567353

00:08:07.020 --> 00:08:09.505 You can give you risk of lymphoedema.
NOTE Confidence: 0.87567353

00:08:09.510 --> 00:08:12.874 Oh and now I'm not. Go away OK,
NOTE Confidence: 0.87567353

00:08:12.874 --> 00:08:14.902 just a picture of arm lymphoedema.
NOTE Confidence: 0.87567353

00:08:14.910 --> 00:08:17.961 So we did a lot of fear mongering about
NOTE Confidence: 0.87567353

00:08:17.961 --> 00:08:20.666 lymphoedema in the 1980s and into the 1990s.
NOTE Confidence: 0.87567353

00:08:20.670 --> 00:08:23.050 You know we didn't really know why.
NOTE Confidence: 0.87567353

00:08:23.050 --> 00:08:25.420 Why do 40% of people get it?
NOTE Confidence: 0.87567353

00:08:25.420 --> 00:08:26.776 Why isn't it 100%?
NOTE Confidence: 0.87567353

00:08:26.776 --> 00:08:28.128 Why is it 1%?
NOTE Confidence: 0.87567353

00:08:28.130 --> 00:08:29.830 What are the risk factors?
NOTE Confidence: 0.87567353

00:08:29.830 --> 00:08:32.094 So we came up with huge lists of
NOTE Confidence: 0.87567353

00:08:32.094 --> 00:08:34.540 things not to do because that might
NOTE Confidence: 0.87567353

00:08:34.540 --> 00:08:36.782 cause lymphoedema and I always tell
NOTE Confidence: 0.87567353

00:08:36.782 --> 00:08:39.316 patients when you see this longer list,
NOTE Confidence: 0.87567353

00:08:39.320 --> 00:08:41.354 it means we really don't know
NOTE Confidence: 0.87567353

00:08:41.354 --> 00:08:42.710 what the cause is.

NOTE Confidence: 0.87567353

00:08:42.710 --> 00:08:44.830 We're just throwing everything here.

NOTE Confidence: 0.87567353

00:08:44.830 --> 00:08:46.445 So patients have told me

NOTE Confidence: 0.87567353

00:08:46.445 --> 00:08:48.060 they were told don't retire.

NOTE Confidence: 0.87567353

00:08:48.060 --> 00:08:49.675 Clothing don't wear any elastic

NOTE Confidence: 0.87567353

00:08:49.675 --> 00:08:50.967 wrists on your blouses.

NOTE Confidence: 0.87567353

00:08:50.970 --> 00:08:52.580 Don't carry a shoulder bag.

NOTE Confidence: 0.87567353

00:08:52.580 --> 00:08:54.701 Don't lift over £5 and just think

NOTE Confidence: 0.87567353

00:08:54.701 --> 00:08:57.099 a gallon of milk weighs 8 pounds.

NOTE Confidence: 0.87567353

00:08:57.100 --> 00:08:58.720 Don't fly in an airplane.

NOTE Confidence: 0.87567353

00:08:58.720 --> 00:09:00.330 Don't have a blood test.

NOTE Confidence: 0.87567353

00:09:00.330 --> 00:09:01.610 Don't have blood pressure.

NOTE Confidence: 0.87567353

00:09:01.610 --> 00:09:03.210 Don't ever have surgery on

NOTE Confidence: 0.87567353

00:09:03.210 --> 00:09:04.857 that limb for anything else,

NOTE Confidence: 0.87567353

00:09:04.860 --> 00:09:07.121 and I've had patients who were told

NOTE Confidence: 0.87567353

00:09:07.121 --> 00:09:08.736 not to lift their grandchildren,

NOTE Confidence: 0.87567353

00:09:08.736 --> 00:09:09.914 so we did.
NOTE Confidence: 0.87567353

00:09:09.914 --> 00:09:12.049 We really terrified people about
NOTE Confidence: 0.87567353

00:09:12.049 --> 00:09:13.751 lymphoedema thinking that these
NOTE Confidence: 0.87567353

00:09:13.751 --> 00:09:16.187 common things in life could cause it.
NOTE Confidence: 0.87567353

00:09:16.190 --> 00:09:20.430 So oops, I want to go back from it so.
NOTE Confidence: 0.87567353

00:09:20.430 --> 00:09:21.902 There was a big prohibition
NOTE Confidence: 0.87567353

00:09:21.902 --> 00:09:23.114 about exercise with lymphoedema,
NOTE Confidence: 0.87567353

00:09:23.114 --> 00:09:24.362 especially lifting weights on
NOTE Confidence: 0.87567353

00:09:24.362 --> 00:09:26.466 the idea that you were going to
NOTE Confidence: 0.87567353

00:09:26.466 --> 00:09:28.068 increase blood flow to your muscles.
NOTE Confidence: 0.87567353

00:09:28.070 --> 00:09:30.009 That would make more lymph fluid and
NOTE Confidence: 0.87567353

00:09:30.009 --> 00:09:32.117 that part of your body would just
NOTE Confidence: 0.87567353

00:09:32.117 --> 00:09:33.947 get bigger and bigger and bigger.
NOTE Confidence: 0.87567353

00:09:33.950 --> 00:09:36.014 So I was never really happy about
NOTE Confidence: 0.87567353

00:09:36.014 --> 00:09:37.483 this because as a physiatrist,
NOTE Confidence: 0.87567353

00:09:37.483 --> 00:09:39.534 working with a lot of physical problems,

NOTE Confidence: 0.87567353

00:09:39.540 --> 00:09:41.620 I knew that if you are now not

NOTE Confidence: 0.87567353

00:09:41.620 --> 00:09:43.948 going to use this arm for anything,

NOTE Confidence: 0.87567353

00:09:43.950 --> 00:09:45.714 it's going to get weaker and

NOTE Confidence: 0.87567353

00:09:45.714 --> 00:09:46.596 weaker and weaker.

NOTE Confidence: 0.87567353

00:09:46.600 --> 00:09:48.864 And then you know one day you're going

NOTE Confidence: 0.87567353

00:09:48.864 --> 00:09:51.349 to tear your rotator cuff because you.

NOTE Confidence: 0.87567353

00:09:51.350 --> 00:09:53.450 Pick something up so I came home

NOTE Confidence: 0.87567353

00:09:53.450 --> 00:09:56.140 from work one day and there was the

NOTE Confidence: 0.87567353

00:09:56.140 --> 00:09:58.216 New England Journal of Medicine in

NOTE Confidence: 0.87567353

00:09:58.216 --> 00:10:00.176 my mailbox and this was the days

NOTE Confidence: 0.87567353

00:10:00.176 --> 00:10:02.480 when it was always in paper and this

NOTE Confidence: 0.87567353

00:10:02.480 --> 00:10:04.386 is like the premier Medical journal

NOTE Confidence: 0.87567353

00:10:04.386 --> 00:10:06.759 in the country and they would have

NOTE Confidence: 0.87567353

00:10:06.759 --> 00:10:08.642 their top articles on the front

NOTE Confidence: 0.87567353

00:10:08.642 --> 00:10:11.146 cover so you could look at it and go.

NOTE Confidence: 0.87567353

00:10:11.146 --> 00:10:13.447 And here was an article and the title
NOTE Confidence: 0.87567353

00:10:13.447 --> 00:10:15.571 was weight lifting and women with
NOTE Confidence: 0.87567353

00:10:15.571 --> 00:10:16.979 breast cancer related lymphoedema
NOTE Confidence: 0.87567353

00:10:16.979 --> 00:10:18.887 and I was like Oh no.
NOTE Confidence: 0.87567353

00:10:18.890 --> 00:10:21.165 I've sort of been telling people they
NOTE Confidence: 0.87567353

00:10:21.165 --> 00:10:23.592 can exercise and. And what's going on?
NOTE Confidence: 0.87567353

00:10:23.592 --> 00:10:24.318 So this
NOTE Confidence: 0.8395391

00:10:24.320 --> 00:10:26.408 was a really great big study.
NOTE Confidence: 0.8395391

00:10:26.408 --> 00:10:28.964 295 women have been treated for breast
NOTE Confidence: 0.8395391

00:10:28.964 --> 00:10:31.578 cancer, half had lymphoedema, half did not,
NOTE Confidence: 0.8395391

00:10:31.580 --> 00:10:34.476 and they did arm and leg resistance exercise.
NOTE Confidence: 0.8395391

00:10:34.480 --> 00:10:36.916 So they were weight lifting twice a
NOTE Confidence: 0.8395391

00:10:36.916 --> 00:10:39.929 week for 52 weeks, 60 to 90 minute
NOTE Confidence: 0.8395391

00:10:39.930 --> 00:10:42.108 sessions like this was serious stuff.
NOTE Confidence: 0.8395391

00:10:42.110 --> 00:10:43.916 They wore their compression garment
NOTE Confidence: 0.8395391

00:10:43.916 --> 00:10:46.100 of the head lymphoedema and lo.

NOTE Confidence: 0.8395391

00:10:46.100 --> 00:10:48.200 And behold, after year of weightlifting

NOTE Confidence: 0.8395391

00:10:48.200 --> 00:10:50.090 they had no volume change,

NOTE Confidence: 0.8395391

00:10:50.090 --> 00:10:52.220 so this like freed us.

NOTE Confidence: 0.8395391

00:10:52.220 --> 00:10:55.070 Now go out in the world and try to erase

NOTE Confidence: 0.8395391

00:10:55.150 --> 00:10:58.080 a lot of the fear we had put into people.

NOTE Confidence: 0.8395391

00:10:58.080 --> 00:10:59.252 Other studies came out.

NOTE Confidence: 0.8395391

00:10:59.252 --> 00:11:01.010 I'll just run through these quickly.

NOTE Confidence: 0.8395391

00:11:01.010 --> 00:11:03.054 This is a study on hatha yoga.

NOTE Confidence: 0.8395391

00:11:03.060 --> 00:11:04.818 Same thing, no yoga, no yoga.

NOTE Confidence: 0.8395391

00:11:04.820 --> 00:11:06.398 You can't do downward dog and

NOTE Confidence: 0.8395391

00:11:06.398 --> 00:11:08.155 put your arm in that dependent

NOTE Confidence: 0.8395391

00:11:08.155 --> 00:11:10.388 position and lean your body on it.

NOTE Confidence: 0.8395391

00:11:10.390 --> 00:11:10.974 That's dangerous.

NOTE Confidence: 0.8395391

00:11:10.974 --> 00:11:13.726 So again three times a week, eight weeks.

NOTE Confidence: 0.8395391

00:11:13.726 --> 00:11:15.718 And in this study,

NOTE Confidence: 0.8395391

00:11:15.720 --> 00:11:17.890 lymphoedema actually improved another study.

NOTE Confidence: 0.8395391

00:11:17.890 --> 00:11:20.488 Again, half the patients have lymphoedema.

NOTE Confidence: 0.8395391

00:11:20.490 --> 00:11:23.088 This was arm and leg exercise.

NOTE Confidence: 0.8395391

00:11:23.090 --> 00:11:26.132 In this study, wearing a garment was

NOTE Confidence: 0.8395391

00:11:26.132 --> 00:11:29.168 optional and no change in limb volume,

NOTE Confidence: 0.8395391

00:11:29.170 --> 00:11:32.634 and I think this is my last one.

NOTE Confidence: 0.8395391

00:11:32.640 --> 00:11:34.376 Here again, 32 patients,

NOTE Confidence: 0.8395391

00:11:34.376 --> 00:11:35.678 all with lymphoedema.

NOTE Confidence: 0.8395391

00:11:35.680 --> 00:11:37.850 This was a mixed exercise.

NOTE Confidence: 0.8395391

00:11:37.850 --> 00:11:40.020 Aerobics, Aquatics, an resistance again,

NOTE Confidence: 0.8395391

00:11:40.020 --> 00:11:42.190 no change in arm volume.

NOTE Confidence: 0.8395391

00:11:42.190 --> 00:11:43.754 So you know why.

NOTE Confidence: 0.8395391

00:11:43.754 --> 00:11:46.800 Why were we worried we shouldn't be worried?

NOTE Confidence: 0.8395391

00:11:46.800 --> 00:11:48.194 'cause exercise adapts muscles,

NOTE Confidence: 0.8395391

00:11:48.194 --> 00:11:49.934 it adapts the circulation system.

NOTE Confidence: 0.8395391

00:11:49.940 --> 00:11:52.348 We grow more Kappel Aries when we

NOTE Confidence: 0.8395391

00:11:52.348 --> 00:11:55.619 exercise so blood can go in and out and it

NOTE Confidence: 0.8395391

00:11:55.619 --> 00:11:57.970 doesn't really change your limp structure.

NOTE Confidence: 0.8395391

00:11:57.970 --> 00:11:59.362 What happened to your

NOTE Confidence: 0.8395391

00:11:59.362 --> 00:12:00.754 lymph system from surgery?

NOTE Confidence: 0.8395391

00:12:00.760 --> 00:12:02.856 Radiation is still there and exercise

NOTE Confidence: 0.8395391

00:12:02.856 --> 00:12:04.950 also increases what we call the

NOTE Confidence: 0.8395391

00:12:04.950 --> 00:12:06.692 muscle pumping that directs blood

NOTE Confidence: 0.8395391

00:12:06.692 --> 00:12:09.140 out of the limb into the trunk.

NOTE Confidence: 0.8395391

00:12:09.140 --> 00:12:10.444 And as I said,

NOTE Confidence: 0.8395391

00:12:10.444 --> 00:12:12.400 we protect the limb from developing

NOTE Confidence: 0.8395391

00:12:12.467 --> 00:12:14.487 weakness an possible injury so.

NOTE Confidence: 0.8395391

00:12:14.490 --> 00:12:15.802 Can you lift weights?

NOTE Confidence: 0.8395391

00:12:15.802 --> 00:12:16.128 Yes,

NOTE Confidence: 0.8395391

00:12:16.130 --> 00:12:17.996 weight training is safe for people

NOTE Confidence: 0.8395391

00:12:17.996 --> 00:12:19.740 who've had lymph nodes removed.

NOTE Confidence: 0.86390966

00:12:19.740 --> 00:12:21.048 People with Lymphoedema probably
NOTE Confidence: 0.86390966

00:12:21.048 --> 00:12:22.356 should wear their garments
NOTE Confidence: 0.86390966

00:12:22.360 --> 00:12:23.064 during exercise.
NOTE Confidence: 0.86390966

00:12:23.064 --> 00:12:24.824 That's what I still tell
NOTE Confidence: 0.86390966

00:12:24.824 --> 00:12:26.300 people in general to do,
NOTE Confidence: 0.86390966

00:12:26.300 --> 00:12:27.940 but there's also no limit.
NOTE Confidence: 0.86390966

00:12:27.940 --> 00:12:29.975 You can gradually increase and
NOTE Confidence: 0.86390966

00:12:29.975 --> 00:12:32.320 your body will adapt to it.
NOTE Confidence: 0.86390966

00:12:32.320 --> 00:12:33.780 So that was what I wanted to say.
NOTE Confidence: 0.8730395

00:12:37.170 --> 00:12:37.932 Thank you Janet.
NOTE Confidence: 0.8730395

00:12:37.932 --> 00:12:40.034 What a great myth to bust and I'm
NOTE Confidence: 0.8730395

00:12:40.034 --> 00:12:42.114 sure that there is more to talk about
NOTE Confidence: 0.8730395

00:12:42.114 --> 00:12:44.148 there everyone if you have questions,
NOTE Confidence: 0.8730395

00:12:44.150 --> 00:12:48.120 you can put them in the chat or the Q&A.
NOTE Confidence: 0.8730395

00:12:48.120 --> 00:12:50.880 And that leads us to Scott.
NOTE Confidence: 0.8730395

00:12:50.880 --> 00:12:52.448 Talk to us a little bit about

NOTE Confidence: 0.8730395

00:12:52.448 --> 00:12:53.760 what your what your thoughts

NOTE Confidence: 0.8730395

00:12:53.760 --> 00:12:55.215 are on this topic tonight.

NOTE Confidence: 0.8237712

00:12:55.890 --> 00:12:57.460 Well, first of all, yeah,

NOTE Confidence: 0.8237712

00:12:57.460 --> 00:12:59.469 you know both both Stacy and Doctor

NOTE Confidence: 0.8237712

00:12:59.469 --> 00:13:01.434 Freeman you you set the stage

NOTE Confidence: 0.8237712

00:13:01.434 --> 00:13:03.052 perfectly because yeah, these are.

NOTE Confidence: 0.8237712

00:13:03.052 --> 00:13:04.768 These are some of the business

NOTE Confidence: 0.8237712

00:13:04.768 --> 00:13:06.568 that we see in survivorship.

NOTE Confidence: 0.8237712

00:13:06.570 --> 00:13:08.383 These are some of the big myths

NOTE Confidence: 0.8237712

00:13:08.383 --> 00:13:10.693 that we that I see in outpatient

NOTE Confidence: 0.8237712

00:13:10.693 --> 00:13:12.528 physical therapy and doctor Freeman.

NOTE Confidence: 0.8237712

00:13:12.530 --> 00:13:14.438 You're right that that study from

NOTE Confidence: 0.8237712

00:13:14.438 --> 00:13:16.300 from Katie Smith and her team.

NOTE Confidence: 0.8237712

00:13:16.300 --> 00:13:18.804 You're right, it did kind of free us,

NOTE Confidence: 0.8237712

00:13:18.810 --> 00:13:21.948 you know, to say that yes, we can do this.

NOTE Confidence: 0.8237712

00:13:21.948 --> 00:13:22.884 I you know.
NOTE Confidence: 0.8237712

00:13:22.890 --> 00:13:25.896 One thing I want to make sure that we.
NOTE Confidence: 0.8237712

00:13:25.900 --> 00:13:28.132 Make sure we let everybody know is that
NOTE Confidence: 0.8237712

00:13:28.132 --> 00:13:30.318 you know that those those exercises,
NOTE Confidence: 0.8237712

00:13:30.320 --> 00:13:31.900 those were all supervised, right?
NOTE Confidence: 0.8237712

00:13:31.900 --> 00:13:33.164 They were all supervised
NOTE Confidence: 0.8237712

00:13:33.164 --> 00:13:34.428 by by physical therapist.
NOTE Confidence: 0.8237712

00:13:34.430 --> 00:13:36.122 They were supervised by my train
NOTE Confidence: 0.8237712

00:13:36.122 --> 00:13:37.674 exercise physiologist who had experience
NOTE Confidence: 0.8237712

00:13:37.674 --> 00:13:39.166 working with cancer survivors.
NOTE Confidence: 0.8237712

00:13:39.170 --> 00:13:41.498 And so I think that's one of the
NOTE Confidence: 0.8237712

00:13:41.498 --> 00:13:43.278 things that we should always,
NOTE Confidence: 0.8237712

00:13:43.280 --> 00:13:43.862 you know,
NOTE Confidence: 0.8237712

00:13:43.862 --> 00:13:46.760 keep in the back of our mind if you're,
NOTE Confidence: 0.8237712

00:13:46.760 --> 00:13:47.952 especially if you're starting
NOTE Confidence: 0.8237712

00:13:47.952 --> 00:13:49.442 an exercise program in your

NOTE Confidence: 0.8237712

00:13:49.442 --> 00:13:50.859 you've never exercised before,

NOTE Confidence: 0.8237712

00:13:50.860 --> 00:13:53.086 but it's probably good to seek

NOTE Confidence: 0.8237712

00:13:53.086 --> 00:13:54.570 out professional assistance when

NOTE Confidence: 0.8237712

00:13:54.632 --> 00:13:56.397 you're when you're doing that.

NOTE Confidence: 0.8237712

00:13:56.400 --> 00:13:58.105 But yeah, when when, when, again,

NOTE Confidence: 0.8237712

00:13:58.105 --> 00:14:00.305 when it comes to these these these myths

NOTE Confidence: 0.8237712

00:14:00.305 --> 00:14:02.408 of exercise and and coming up with,

NOTE Confidence: 0.8237712

00:14:02.410 --> 00:14:04.120 I don't know how to exercise.

NOTE Confidence: 0.8237712

00:14:04.120 --> 00:14:05.836 I don't know like they were

NOTE Confidence: 0.8237712

00:14:05.836 --> 00:14:06.694 kind of exercises.

NOTE Confidence: 0.8237712

00:14:06.700 --> 00:14:08.130 You know, Stacy you you.

NOTE Confidence: 0.8237712

00:14:08.130 --> 00:14:08.700 You mean.

NOTE Confidence: 0.8237712

00:14:08.700 --> 00:14:10.695 I think we get along perfectly well.

NOTE Confidence: 0.8237712

00:14:10.700 --> 00:14:12.416 I I don't like Zumba either.

NOTE Confidence: 0.8237712

00:14:12.420 --> 00:14:13.560 I'm not coordinated enough

NOTE Confidence: 0.8237712

00:14:13.560 --> 00:14:14.985 to to do Zumba Iama,
NOTE Confidence: 0.8237712

00:14:14.990 --> 00:14:16.985 a cyclist as well, and you know,
NOTE Confidence: 0.8237712

00:14:16.990 --> 00:14:19.278 we were going to be riding closer free.
NOTE Confidence: 0.8237712

00:14:19.280 --> 00:14:22.116 Again, you know this year as well, you know,
NOTE Confidence: 0.8237712

00:14:22.116 --> 00:14:25.460 so that's always a great place to start.
NOTE Confidence: 0.8237712

00:14:25.460 --> 00:14:27.524 So you know one of the things that
NOTE Confidence: 0.8237712

00:14:27.524 --> 00:14:30.115 that I also wanted to touch my quickly.
NOTE Confidence: 0.8237712

00:14:30.120 --> 00:14:32.440 You know, Stacy you were talking about this,
NOTE Confidence: 0.8237712

00:14:32.440 --> 00:14:33.313 but you know,
NOTE Confidence: 0.8237712

00:14:33.313 --> 00:14:34.514 with the guidelines, right?
NOTE Confidence: 0.8237712

00:14:34.514 --> 00:14:36.458 You know what's what's the right
NOTE Confidence: 0.8237712

00:14:36.458 --> 00:14:38.230 amount of exercise for for you
NOTE Confidence: 0.8237712

00:14:38.230 --> 00:14:39.718 know what I should be doing,
NOTE Confidence: 0.8237712

00:14:39.720 --> 00:14:40.302 you know,
NOTE Confidence: 0.8237712

00:14:40.302 --> 00:14:42.048 see what you were alluding to.
NOTE Confidence: 0.8237712

00:14:42.050 --> 00:14:43.380 Is these these these updated

NOTE Confidence: 0.8237712

00:14:43.380 --> 00:14:44.710 guidelines that came from the

NOTE Confidence: 0.8237712

00:14:44.758 --> 00:14:46.408 American College of Sports Medicine.

NOTE Confidence: 0.8237712

00:14:46.410 --> 00:14:48.114 It is interesting again to look

NOTE Confidence: 0.8237712

00:14:48.114 --> 00:14:50.200 back and see how far we've come.

NOTE Confidence: 0.8237712

00:14:50.200 --> 00:14:50.704 You know,

NOTE Confidence: 0.8237712

00:14:50.704 --> 00:14:52.468 in just a short amount of time

NOTE Confidence: 0.8237712

00:14:52.468 --> 00:14:54.125 when the American College of

NOTE Confidence: 0.8237712

00:14:54.125 --> 00:14:55.805 Sports Medicine came out with.

NOTE Confidence: 0.8237712

00:14:55.810 --> 00:14:57.256 There exercise guidelines

NOTE Confidence: 0.8237712

00:14:57.256 --> 00:14:59.666 for cancer survivors in 2010.

NOTE Confidence: 0.8237712

00:14:59.670 --> 00:15:01.740 There wasn't a whole lot of

NOTE Confidence: 0.8237712

00:15:01.740 --> 00:15:04.004 research at that point to back

NOTE Confidence: 0.8237712

00:15:04.004 --> 00:15:06.024 up exercise for cancer survivors,

NOTE Confidence: 0.8237712

00:15:06.030 --> 00:15:08.791 and so those recommendations and 20% were

NOTE Confidence: 0.8237712

00:15:08.791 --> 00:15:11.917 really based upon the general population.

NOTE Confidence: 0.8237712

00:15:11.920 --> 00:15:14.237 When they updated those guidelines in 2019,
NOTE Confidence: 0.8237712

00:15:14.240 --> 00:15:16.130 there was now this huge plethora
NOTE Confidence: 0.8237712

00:15:16.130 --> 00:15:17.803 of research studies that showed
NOTE Confidence: 0.8237712

00:15:17.803 --> 00:15:19.219 the benefits of exercise,
NOTE Confidence: 0.8237712

00:15:19.220 --> 00:15:21.218 so they were able to really,
NOTE Confidence: 0.8237712

00:15:21.220 --> 00:15:23.302 and it's really exciting for for
NOTE Confidence: 0.8237712

00:15:23.302 --> 00:15:24.870 individuals like Kelly and I,
NOTE Confidence: 0.8237712

00:15:24.870 --> 00:15:27.446 who are the ones that are working with
NOTE Confidence: 0.8237712

00:15:27.446 --> 00:15:29.520 with cancer survivors one on one.
NOTE Confidence: 0.8237712

00:15:29.520 --> 00:15:31.488 To say we can actually kind of dose
NOTE Confidence: 0.8237712

00:15:31.488 --> 00:15:33.275 our our exercise interventions based
NOTE Confidence: 0.8237712

00:15:33.275 --> 00:15:36.159 on people how people representing you know.
NOTE Confidence: 0.81434786

00:15:36.160 --> 00:15:38.146 So he says he was saying,
NOTE Confidence: 0.81434786

00:15:38.150 --> 00:15:40.094 you know, for somebody who's got
NOTE Confidence: 0.81434786

00:15:40.094 --> 00:15:41.910 who presents with cancer related.
NOTE Confidence: 0.81434786

00:15:41.910 --> 00:15:43.896 City with high levels of fatigue.

NOTE Confidence: 0.81434786

00:15:43.900 --> 00:15:46.652 You know if we want to do cardiovascular

NOTE Confidence: 0.81434786

00:15:46.652 --> 00:15:48.219 exercise three times a week,

NOTE Confidence: 0.81434786

00:15:48.220 --> 00:15:49.860 30 minutes with strength

NOTE Confidence: 0.81434786

00:15:49.860 --> 00:15:51.500 training twice a week.

NOTE Confidence: 0.81434786

00:15:51.500 --> 00:15:51.914 Interestingly,

NOTE Confidence: 0.81434786

00:15:51.914 --> 00:15:55.226 now that we have more research out there,

NOTE Confidence: 0.81434786

00:15:55.230 --> 00:15:58.335 if if somebody comes to us and one of

NOTE Confidence: 0.81434786

00:15:58.335 --> 00:16:01.127 their concerns is fear of recurrence

NOTE Confidence: 0.81434786

00:16:01.127 --> 00:16:04.114 and they are presenting with higher

NOTE Confidence: 0.81434786

00:16:04.114 --> 00:16:06.789 levels of anxiety and depression.

NOTE Confidence: 0.81434786

00:16:06.790 --> 00:16:08.174 These new guidelines actually

NOTE Confidence: 0.81434786

00:16:08.174 --> 00:16:10.250 have a different dose of exercise.

NOTE Confidence: 0.81434786

00:16:10.250 --> 00:16:12.245 For that they actually recommend 30 to

NOTE Confidence: 0.81434786

00:16:12.245 --> 00:16:13.921 60 minutes of cardiovascular exercise

NOTE Confidence: 0.81434786

00:16:13.921 --> 00:16:16.195 for somebody whose primary concern more

NOTE Confidence: 0.81434786

00:16:16.195 --> 00:16:18.547 is in that anxiety and depression.
NOTE Confidence: 0.81434786

00:16:18.550 --> 00:16:19.790 So if it's really,
NOTE Confidence: 0.81434786

00:16:19.790 --> 00:16:23.398 it gives us a lot of tools in our toolbox,
NOTE Confidence: 0.81434786

00:16:23.400 --> 00:16:26.475 so to speak. And so again, how do you?
NOTE Confidence: 0.81434786

00:16:26.475 --> 00:16:28.485 How do you start an exercise
NOTE Confidence: 0.81434786

00:16:28.485 --> 00:16:30.640 program again says he was talking
NOTE Confidence: 0.81434786

00:16:30.640 --> 00:16:32.385 about this a little bit,
NOTE Confidence: 0.81434786

00:16:32.390 --> 00:16:34.466 finding you know finding what's what?
NOTE Confidence: 0.81434786

00:16:34.470 --> 00:16:37.290 Do you like to do?
NOTE Confidence: 0.81434786

00:16:37.290 --> 00:16:39.544 An finding somebody that can do that.
NOTE Confidence: 0.81434786

00:16:39.550 --> 00:16:41.015 You can exercise with whether
NOTE Confidence: 0.81434786

00:16:41.015 --> 00:16:43.100 that's in person or is virtually,
NOTE Confidence: 0.81434786

00:16:43.100 --> 00:16:44.072 or you know,
NOTE Confidence: 0.81434786

00:16:44.072 --> 00:16:44.720 you know,
NOTE Confidence: 0.81434786

00:16:44.720 --> 00:16:46.974 you're texting your friend back and forth.
NOTE Confidence: 0.81434786

00:16:46.980 --> 00:16:48.918 You're keeping tabs on each other.

NOTE Confidence: 0.81434786

00:16:48.920 --> 00:16:50.798 Over were various apps you know

NOTE Confidence: 0.81434786

00:16:50.798 --> 00:16:52.790 to kind of motivate each other.

NOTE Confidence: 0.81434786

00:16:52.790 --> 00:16:54.876 I tell people all the time that

NOTE Confidence: 0.81434786

00:16:54.876 --> 00:16:57.303 you know it's always fun to have

NOTE Confidence: 0.81434786

00:16:57.303 --> 00:16:58.763 these little competitions to

NOTE Confidence: 0.81434786

00:16:58.763 --> 00:17:01.020 see who can get the most number

NOTE Confidence: 0.81434786

00:17:01.020 --> 00:17:02.804 of steps in over the month.

NOTE Confidence: 0.81434786

00:17:02.804 --> 00:17:04.748 Or you know who can write,

NOTE Confidence: 0.81434786

00:17:04.750 --> 00:17:06.560 cried the most miles and.

NOTE Confidence: 0.81434786

00:17:06.560 --> 00:17:08.030 You know whoever you know,

NOTE Confidence: 0.81434786

00:17:08.030 --> 00:17:10.130 then you know then you gotta meet

NOTE Confidence: 0.81434786

00:17:10.130 --> 00:17:11.698 up afterwards and whoever didn't

NOTE Confidence: 0.81434786

00:17:11.698 --> 00:17:14.098 get that number of of walks or steps

NOTE Confidence: 0.81434786

00:17:14.165 --> 00:17:16.020 that has to buy the other person

NOTE Confidence: 0.81434786

00:17:16.020 --> 00:17:17.696 ice cream or something like that,

NOTE Confidence: 0.81434786

00:17:17.696 --> 00:17:17.988 right?

NOTE Confidence: 0.83922523

00:17:20.220 --> 00:17:22.350 I think when we think about

NOTE Confidence: 0.83922523

00:17:22.350 --> 00:17:24.524 strength training and I already saw

NOTE Confidence: 0.83922523

00:17:24.524 --> 00:17:26.904 the question pop up in the chat,

NOTE Confidence: 0.83922523

00:17:26.910 --> 00:17:29.248 you know how many minutes of strength

NOTE Confidence: 0.83922523

00:17:29.248 --> 00:17:31.478 training should are cancer survivors do?

NOTE Confidence: 0.83922523

00:17:31.480 --> 00:17:32.888 It's not really strange.

NOTE Confidence: 0.83922523

00:17:32.888 --> 00:17:35.000 Thing is not really about minutes.

NOTE Confidence: 0.83922523

00:17:35.000 --> 00:17:37.592 Strength training is more about targeting

NOTE Confidence: 0.83922523

00:17:37.592 --> 00:17:40.388 the muscle groups that you know they

NOTE Confidence: 0.83922523

00:17:40.388 --> 00:17:42.705 can help you with your function and

NOTE Confidence: 0.83922523

00:17:42.776 --> 00:17:45.206 how to get you where you want to be.

NOTE Confidence: 0.83922523

00:17:45.210 --> 00:17:47.674 And I'll give you the perfect example.

NOTE Confidence: 0.83922523

00:17:47.680 --> 00:17:50.710 I'm working with the individual now.

NOTE Confidence: 0.83922523

00:17:50.710 --> 00:17:53.056 Who has gone through head and

NOTE Confidence: 0.83922523

00:17:53.056 --> 00:17:54.229 neck cancer treatment?

NOTE Confidence: 0.83922523

00:17:54.230 --> 00:17:56.576 He said surgery and radiation therapy.

NOTE Confidence: 0.83922523

00:17:56.580 --> 00:17:59.577 And he he's lost a lot of ways lost

NOTE Confidence: 0.83922523

00:17:59.577 --> 00:18:03.113 a lot of muscle mass and he he was

NOTE Confidence: 0.83922523

00:18:03.113 --> 00:18:06.144 telling me that he's become so weak

NOTE Confidence: 0.83922523

00:18:06.144 --> 00:18:08.693 that he can't start his chainsaw.

NOTE Confidence: 0.83922523

00:18:08.693 --> 00:18:09.842 And his goal.

NOTE Confidence: 0.83922523

00:18:09.842 --> 00:18:12.505 The most important thing to him right

NOTE Confidence: 0.83922523

00:18:12.505 --> 00:18:15.133 now is to be able to clear off land,

NOTE Confidence: 0.83922523

00:18:15.140 --> 00:18:16.886 apply to land that that they

NOTE Confidence: 0.83922523

00:18:16.886 --> 00:18:18.440 have up on Massachusetts coast,

NOTE Confidence: 0.83922523

00:18:18.440 --> 00:18:20.678 because he wants to build his

NOTE Confidence: 0.83922523

00:18:20.678 --> 00:18:22.874 retirement home and and have that

NOTE Confidence: 0.83922523

00:18:22.874 --> 00:18:25.402 be a place for his grandkids to go.

NOTE Confidence: 0.83922523

00:18:25.410 --> 00:18:27.075 So that becomes a functional

NOTE Confidence: 0.83922523

00:18:27.075 --> 00:18:29.050 goal for us to say, OK,

NOTE Confidence: 0.83922523

00:18:29.050 --> 00:18:30.910 what muscle groups do we need
NOTE Confidence: 0.83922523

00:18:30.910 --> 00:18:32.973 to be approaching to to address
NOTE Confidence: 0.83922523

00:18:32.973 --> 00:18:34.397 that this person's concern?
NOTE Confidence: 0.83922523

00:18:34.400 --> 00:18:36.398 So we're working on core strengthening.
NOTE Confidence: 0.83922523

00:18:36.400 --> 00:18:38.060 We're working on shoulder stability.
NOTE Confidence: 0.83922523

00:18:38.060 --> 00:18:40.118 We're working on our leg strength
NOTE Confidence: 0.83922523

00:18:40.118 --> 00:18:42.507 and that sort of thing to make
NOTE Confidence: 0.83922523

00:18:42.507 --> 00:18:44.712 sure that we're able to do that.
NOTE Confidence: 0.83922523

00:18:44.720 --> 00:18:47.208 So when it comes to strength and it's
NOTE Confidence: 0.83922523

00:18:47.208 --> 00:18:49.270 not really necessary about minutes as
NOTE Confidence: 0.83922523

00:18:49.270 --> 00:18:52.049 much as it is about making sure that,
NOTE Confidence: 0.83922523

00:18:52.050 --> 00:18:54.612 again that we're targeting those those
NOTE Confidence: 0.83922523

00:18:54.612 --> 00:18:57.590 muscle groups that are really important.
NOTE Confidence: 0.83922523

00:18:57.590 --> 00:18:57.934 Again,
NOTE Confidence: 0.83922523

00:18:57.934 --> 00:19:00.342 when it comes to exercise and really
NOTE Confidence: 0.83922523

00:19:00.342 --> 00:19:02.749 being able to see your your progress,

NOTE Confidence: 0.83922523

00:19:02.750 --> 00:19:06.190 I may be a little old school when I say,

NOTE Confidence: 0.83922523

00:19:06.190 --> 00:19:08.502 you know to to write it down to

NOTE Confidence: 0.83922523

00:19:08.502 --> 00:19:11.141 keep a journal you know to kind

NOTE Confidence: 0.83922523

00:19:11.141 --> 00:19:13.416 of show your progress, you know.

NOTE Confidence: 0.83922523

00:19:13.416 --> 00:19:14.102 But again,

NOTE Confidence: 0.83922523

00:19:14.102 --> 00:19:14.788 there are.

NOTE Confidence: 0.83922523

00:19:14.790 --> 00:19:16.938 You know if you have wearable

NOTE Confidence: 0.83922523

00:19:16.938 --> 00:19:19.607 technology or you have it on your phone,

NOTE Confidence: 0.83922523

00:19:19.610 --> 00:19:22.053 you can monitor this all on different

NOTE Confidence: 0.83922523

00:19:22.053 --> 00:19:23.390 apps and it is.

NOTE Confidence: 0.83922523

00:19:23.390 --> 00:19:26.270 It's really empowering to you right to say.

NOTE Confidence: 0.83922523

00:19:26.270 --> 00:19:26.613 OK,

NOTE Confidence: 0.83922523

00:19:26.613 --> 00:19:28.328 I'm starting a walking program

NOTE Confidence: 0.83922523

00:19:28.328 --> 00:19:30.611 and 1st week of June I'm going

NOTE Confidence: 0.83922523

00:19:30.611 --> 00:19:32.992 to go out and I'm going to walk

NOTE Confidence: 0.83922523

00:19:32.992 --> 00:19:35.050 10 minutes three times a week.
NOTE Confidence: 0.83922523

00:19:35.050 --> 00:19:37.400 Great, that's your starting point.
NOTE Confidence: 0.83922523

00:19:37.400 --> 00:19:39.353 And then the next week you make
NOTE Confidence: 0.83922523

00:19:39.353 --> 00:19:40.510 that small achievable goal,
NOTE Confidence: 0.83922523

00:19:40.510 --> 00:19:41.574 like Stacey was saying.
NOTE Confidence: 0.83922523

00:19:41.574 --> 00:19:43.536 Now you want to walk 15 minutes
NOTE Confidence: 0.83922523

00:19:43.536 --> 00:19:44.760 three times a week,
NOTE Confidence: 0.83922523

00:19:44.760 --> 00:19:46.713 and then the next week you wanna
NOTE Confidence: 0.83922523

00:19:46.713 --> 00:19:48.718 walk 20 minutes three times a week.
NOTE Confidence: 0.83922523

00:19:48.720 --> 00:19:51.123 So by the end of the month you can
NOTE Confidence: 0.83922523

00:19:51.123 --> 00:19:53.247 look back and you can say look,
NOTE Confidence: 0.83922523

00:19:53.250 --> 00:19:55.680 look where I am now compared to where I
NOTE Confidence: 0.83922523

00:19:55.680 --> 00:19:58.335 was at the at the beginning of the month.
NOTE Confidence: 0.83922523

00:19:58.340 --> 00:19:59.476 And and that's that,
NOTE Confidence: 0.83922523

00:19:59.476 --> 00:19:59.760 again,
NOTE Confidence: 0.83922523

00:19:59.760 --> 00:20:01.395 that's very empowering and I

NOTE Confidence: 0.83922523

00:20:01.395 --> 00:20:03.603 think that that's what we need to

NOTE Confidence: 0.83922523

00:20:03.603 --> 00:20:05.381 make sure that you know we want

NOTE Confidence: 0.83922523

00:20:05.381 --> 00:20:07.481 to be able to help set you all

NOTE Confidence: 0.83922523

00:20:07.481 --> 00:20:09.022 up for success so that.

NOTE Confidence: 0.83922523

00:20:09.022 --> 00:20:10.566 That really exercise becomes

NOTE Confidence: 0.83922523

00:20:10.566 --> 00:20:12.110 a lifestyle change and

NOTE Confidence: 0.860577781428572

00:20:12.183 --> 00:20:14.661 I think you're going to hear that

NOTE Confidence: 0.860577781428572

00:20:14.661 --> 00:20:16.180 theme throughout this month,

NOTE Confidence: 0.860577781428572

00:20:16.180 --> 00:20:18.412 but with the different survivorship series

NOTE Confidence: 0.860577781428572

00:20:18.412 --> 00:20:20.759 that we're we're doing through smile.

NOTE Confidence: 0.860577781428572

00:20:20.760 --> 00:20:22.832 Oh, this month is that you know

NOTE Confidence: 0.860577781428572

00:20:22.832 --> 00:20:25.774 so much of what we are discussing

NOTE Confidence: 0.860577781428572

00:20:25.774 --> 00:20:27.256 here through survivorship,

NOTE Confidence: 0.860577781428572

00:20:27.260 --> 00:20:29.546 you know whether it's exercise or

NOTE Confidence: 0.860577781428572

00:20:29.546 --> 00:20:31.485 whether it's nutrition or whether

NOTE Confidence: 0.860577781428572

00:20:31.485 --> 00:20:33.225 it's mindfulness to really try
NOTE Confidence: 0.860577781428572

00:20:33.225 --> 00:20:35.659 to set up these these patterns.
NOTE Confidence: 0.860577781428572

00:20:35.660 --> 00:20:37.368 This lifestyle patterns to
NOTE Confidence: 0.860577781428572

00:20:37.368 --> 00:20:39.503 make these slashed out changes.
NOTE Confidence: 0.860577781428572

00:20:39.510 --> 00:20:41.202 To keep you healthy physically and
NOTE Confidence: 0.860577781428572

00:20:41.202 --> 00:20:42.969 emotionally for the balance of your life.
NOTE Confidence: 0.82877684

00:20:46.200 --> 00:20:48.100 Thank you so much Scott.
NOTE Confidence: 0.82877684

00:20:48.100 --> 00:20:50.380 And for those of you tuning
NOTE Confidence: 0.82877684

00:20:50.380 --> 00:20:51.900 in after the introductions,
NOTE Confidence: 0.82877684

00:20:51.900 --> 00:20:54.560 I just I want to welcome you.
NOTE Confidence: 0.82877684

00:20:54.560 --> 00:20:57.311 This is the Smilow shares event talking
NOTE Confidence: 0.82877684

00:20:57.311 --> 00:20:59.886 about strength and exercise and we have
NOTE Confidence: 0.82877684

00:20:59.886 --> 00:21:02.759 our panelists and we will go into the
NOTE Confidence: 0.82877684

00:21:02.759 --> 00:21:05.195 question and answer portion of tonight.
NOTE Confidence: 0.82877684

00:21:05.200 --> 00:21:07.860 For those of you tuning in late,
NOTE Confidence: 0.82877684

00:21:07.860 --> 00:21:09.760 we have doctor Janet Friedman,

NOTE Confidence: 0.82877684

00:21:09.760 --> 00:21:12.040 physical medicine and Rehab Doctor Greenwich,

NOTE Confidence: 0.82877684

00:21:12.040 --> 00:21:13.528 Stacy Larosa nurse practitioner.

NOTE Confidence: 0.82877684

00:21:13.528 --> 00:21:16.220 Out of the Smilow Waterbury Care Center,

NOTE Confidence: 0.82877684

00:21:16.220 --> 00:21:17.216 Kelly Herzog.

NOTE Confidence: 0.82877684

00:21:17.216 --> 00:21:19.208 Exercise physiologists an one,

NOTE Confidence: 0.82877684

00:21:19.210 --> 00:21:21.460 someone who runs a cardiac

NOTE Confidence: 0.82877684

00:21:21.460 --> 00:21:22.810 pulmonary rehab program,

NOTE Confidence: 0.82877684

00:21:22.810 --> 00:21:25.799 as well as a breast cancer exercise

NOTE Confidence: 0.82877684

00:21:25.799 --> 00:21:28.110 program for survivors at the

NOTE Confidence: 0.82877684

00:21:28.110 --> 00:21:30.010 Greenwich Care Center ANDSCOTT.

NOTE Confidence: 0.82877684

00:21:30.010 --> 00:21:33.210 Compose a physical therapist.

NOTE Confidence: 0.82877684

00:21:33.210 --> 00:21:34.494 The multidisciplinary survivorship

NOTE Confidence: 0.82877684

00:21:34.494 --> 00:21:37.490 clinic in the greater New Haven area

NOTE Confidence: 0.82877684

00:21:37.556 --> 00:21:39.789 and also on rehab specialist at Yale.

NOTE Confidence: 0.82877684

00:21:39.790 --> 00:21:42.289 New Haven hospital.

NOTE Confidence: 0.82877684

00:21:42.290 --> 00:21:44.705 I'm Tara same time your facilitator tonight,

NOTE Confidence: 0.82877684

00:21:44.710 --> 00:21:48.294 so maybe I'll just start by saying.

NOTE Confidence: 0.82877684

00:21:48.300 --> 00:21:52.470 Tekeli you know I think one of the myths is.

NOTE Confidence: 0.82877684

00:21:52.470 --> 00:21:55.710 That in order to be in like a rehab program,

NOTE Confidence: 0.82877684

00:21:55.710 --> 00:21:57.636 you have to like look really

NOTE Confidence: 0.82877684

00:21:57.636 --> 00:21:59.919 weak or you have to be really,

NOTE Confidence: 0.82877684

00:21:59.920 --> 00:22:00.856 you know, debilitated.

NOTE Confidence: 0.82877684

00:22:00.856 --> 00:22:03.434 And I find even that's a myth that

NOTE Confidence: 0.82877684

00:22:03.434 --> 00:22:05.414 I held because I met survivors

NOTE Confidence: 0.82877684

00:22:05.414 --> 00:22:07.097 who had lobectomies for their

NOTE Confidence: 0.82877684

00:22:07.097 --> 00:22:08.987 lung cancer and they look great.

NOTE Confidence: 0.82877684

00:22:08.990 --> 00:22:10.971 But they said you know what I

NOTE Confidence: 0.82877684

00:22:10.971 --> 00:22:13.337 used to be able to walk from

NOTE Confidence: 0.82877684

00:22:13.337 --> 00:22:15.142 the train station to clinic.

NOTE Confidence: 0.82877684

00:22:15.150 --> 00:22:17.568 And this time I had to

NOTE Confidence: 0.82877684

00:22:17.568 --> 00:22:20.069 stop five times on the way.

NOTE Confidence: 0.82877684

00:22:20.070 --> 00:22:21.054 What do you like?

NOTE Confidence: 0.82877684

00:22:21.054 --> 00:22:23.110 Tell me a little bit about what you

NOTE Confidence: 0.82877684

00:22:23.110 --> 00:22:24.944 think about that myth and what you

NOTE Confidence: 0.82877684

00:22:24.944 --> 00:22:27.370 see in your patient population.

NOTE Confidence: 0.82877684

00:22:27.370 --> 00:22:27.760 So

NOTE Confidence: 0.86628217

00:22:27.760 --> 00:22:30.065 we primarily see breast cancer patients

NOTE Confidence: 0.86628217

00:22:30.065 --> 00:22:32.375 at this point with our program,

NOTE Confidence: 0.86628217

00:22:32.380 --> 00:22:36.709 which I can talk about a little bit later.

NOTE Confidence: 0.86628217

00:22:36.710 --> 00:22:40.574 But I find that we've had the whole

NOTE Confidence: 0.86628217

00:22:40.574 --> 00:22:43.982 range of people we've had triathletes.

NOTE Confidence: 0.86628217

00:22:43.990 --> 00:22:46.713 All the way through people who have

NOTE Confidence: 0.86628217

00:22:46.713 --> 00:22:49.284 never exercised and we offer them

NOTE Confidence: 0.86628217

00:22:49.284 --> 00:22:51.494 cardiovascular exercise where we do,

NOTE Confidence: 0.86628217

00:22:51.500 --> 00:22:53.168 actually a submaximal stress

NOTE Confidence: 0.86628217

00:22:53.168 --> 00:22:55.670 test on their very first visit,

NOTE Confidence: 0.86628217

00:22:55.670 --> 00:22:59.065 so we can kind of see where
NOTE Confidence: 0.86628217

00:22:59.065 --> 00:23:00.940 their fitness level is.
NOTE Confidence: 0.86628217

00:23:00.940 --> 00:23:03.586 In the beginning and then at the end of
NOTE Confidence: 0.86628217

00:23:03.586 --> 00:23:06.435 our program will do it again and it's
NOTE Confidence: 0.86628217

00:23:06.435 --> 00:23:08.670 really exciting to see the changes.
NOTE Confidence: 0.86628217

00:23:08.670 --> 00:23:10.882 I have about five of them coming
NOTE Confidence: 0.86628217

00:23:10.882 --> 00:23:13.038 up in the next two weeks.
NOTE Confidence: 0.86628217

00:23:13.040 --> 00:23:14.528 Thanks to Doctor Friedman,
NOTE Confidence: 0.86628217

00:23:14.528 --> 00:23:16.388 and I'm actually really excited
NOTE Confidence: 0.86628217

00:23:16.388 --> 00:23:17.740 to do all of them,
NOTE Confidence: 0.86628217

00:23:17.740 --> 00:23:19.420 'cause these women have have
NOTE Confidence: 0.86628217

00:23:19.420 --> 00:23:21.100 really come a long way,
NOTE Confidence: 0.86628217

00:23:21.100 --> 00:23:23.060 so we just try to encourage them
NOTE Confidence: 0.86628217

00:23:23.060 --> 00:23:25.295 to get like Stacy and Scott both
NOTE Confidence: 0.86628217

00:23:25.295 --> 00:23:27.766 mention at least the three days a
NOTE Confidence: 0.86628217

00:23:27.766 --> 00:23:29.836 week of that cardiovascular exercise,

NOTE Confidence: 0.86628217

00:23:29.840 --> 00:23:31.570 and most of them are.

NOTE Confidence: 0.86628217

00:23:31.570 --> 00:23:34.230 Only are getting about the three days,

NOTE Confidence: 0.86628217

00:23:34.230 --> 00:23:35.990 not not the recommendation of

NOTE Confidence: 0.86628217

00:23:35.990 --> 00:23:38.666 the 150 minutes a week and then

NOTE Confidence: 0.86628217

00:23:38.666 --> 00:23:39.926 the strength training.

NOTE Confidence: 0.86628217

00:23:39.930 --> 00:23:41.350 We offer personal training

NOTE Confidence: 0.86628217

00:23:41.350 --> 00:23:43.480 sessions for them to learn what

NOTE Confidence: 0.86628217

00:23:43.546 --> 00:23:45.626 strength training exercises to do.

NOTE Confidence: 0.86628217

00:23:45.630 --> 00:23:48.290 Some have done strength training and passed.

NOTE Confidence: 0.86628217

00:23:48.290 --> 00:23:50.570 Others have never ever done it.

NOTE Confidence: 0.86628217

00:23:50.570 --> 00:23:53.230 So we design a program for them.

NOTE Confidence: 0.86628217

00:23:53.230 --> 00:23:55.510 We meet with them four times.

NOTE Confidence: 0.86628217

00:23:55.510 --> 00:23:58.550 I write it down, they take it home.

NOTE Confidence: 0.86628217

00:23:58.550 --> 00:24:01.638 Then we review in a couple of weeks.

NOTE Confidence: 0.86628217

00:24:01.640 --> 00:24:02.636 And we always,

NOTE Confidence: 0.86628217

00:24:02.636 --> 00:24:03.300 you know,
NOTE Confidence: 0.86628217

00:24:03.300 --> 00:24:05.400 come up with a program based on
NOTE Confidence: 0.86628217

00:24:05.400 --> 00:24:07.598 do they have equipment at home?
NOTE Confidence: 0.86628217

00:24:07.600 --> 00:24:09.658 Are they going to the gym or
NOTE Confidence: 0.86628217

00:24:09.658 --> 00:24:11.350 they gonna use our equipment
NOTE Confidence: 0.86628217

00:24:11.350 --> 00:24:13.558 that we have at our facility?
NOTE Confidence: 0.86628217

00:24:13.560 --> 00:24:15.632 So with some people I start with
NOTE Confidence: 0.86628217

00:24:15.632 --> 00:24:17.326 just very light band exercises
NOTE Confidence: 0.86628217

00:24:17.326 --> 00:24:19.176 and progress up to weights.
NOTE Confidence: 0.86628217

00:24:19.180 --> 00:24:21.214 I did that with someone actually
NOTE Confidence: 0.86628217

00:24:21.214 --> 00:24:23.819 just a few hours ago and she said,
NOTE Confidence: 0.86628217

00:24:23.820 --> 00:24:24.156 oh,
NOTE Confidence: 0.86628217

00:24:24.156 --> 00:24:26.508 I think I can do this because
NOTE Confidence: 0.86628217

00:24:26.508 --> 00:24:28.625 I've already been doing it with
NOTE Confidence: 0.86628217

00:24:28.625 --> 00:24:30.683 the band and that has helped
NOTE Confidence: 0.86628217

00:24:30.759 --> 00:24:32.950 me so much to know the motion.

NOTE Confidence: 0.86628217

00:24:32.950 --> 00:24:35.764 Now I can do it with weights,

NOTE Confidence: 0.86628217

00:24:35.770 --> 00:24:38.155 so we've progressed over these

NOTE Confidence: 0.86628217

00:24:38.155 --> 00:24:41.027 three months from a light band

NOTE Confidence: 0.86628217

00:24:41.027 --> 00:24:43.785 to weights that she has at home.

NOTE Confidence: 0.86628217

00:24:43.790 --> 00:24:46.350 So we just try to encourage to try

NOTE Confidence: 0.86628217

00:24:46.350 --> 00:24:49.335 to get as much movement as they can.

NOTE Confidence: 0.86628217

00:24:49.340 --> 00:24:51.769 And like Stacy said in the beginning,

NOTE Confidence: 0.86628217

00:24:51.770 --> 00:24:53.800 with fatigue that really the

NOTE Confidence: 0.86628217

00:24:53.800 --> 00:24:55.830 exercise is going to help.

NOTE Confidence: 0.86628217

00:24:55.830 --> 00:24:58.390 The fatigue more than more than heard it.

NOTE Confidence: 0.9079251333333333

00:24:59.900 --> 00:25:02.378 Thank you so much. Doctor Friedman,

NOTE Confidence: 0.9079251333333333

00:25:02.380 --> 00:25:04.783 I think this is a good time to start

NOTE Confidence: 0.9079251333333333

00:25:04.783 --> 00:25:07.589 to address some of these questions

NOTE Confidence: 0.9079251333333333

00:25:07.589 --> 00:25:09.565 coming through about lymphoedema.

NOTE Confidence: 0.9079251333333333

00:25:09.570 --> 00:25:11.560 A couple about blood draws.

NOTE Confidence: 0.9079251333333333

00:25:11.560 --> 00:25:14.346 Maybe we could start with that one.
NOTE Confidence: 0.84910816

00:25:14.350 --> 00:25:16.726 It's a little off our topic.
NOTE Confidence: 0.84910816

00:25:16.730 --> 00:25:19.994 Let me just say right now that a lot
NOTE Confidence: 0.84910816

00:25:19.994 --> 00:25:21.916 of their recommendations for people
NOTE Confidence: 0.84910816

00:25:21.916 --> 00:25:24.296 with lymphoedema are really changing.
NOTE Confidence: 0.84910816

00:25:24.300 --> 00:25:25.896 They're really in flux.
NOTE Confidence: 0.84910816

00:25:25.896 --> 00:25:28.290 The European and Asia Asian countries
NOTE Confidence: 0.84910816

00:25:28.360 --> 00:25:31.030 have a much more developed and
NOTE Confidence: 0.84910816

00:25:31.030 --> 00:25:32.810 sophisticated approach to lymphoedema
NOTE Confidence: 0.84910816

00:25:32.879 --> 00:25:35.035 than we do here in North America,
NOTE Confidence: 0.84910816

00:25:35.040 --> 00:25:37.458 and similar to that long list
NOTE Confidence: 0.84910816

00:25:37.458 --> 00:25:40.174 of don't do don't do, don't do.
NOTE Confidence: 0.84910816

00:25:40.174 --> 00:25:42.436 They look at us and go.
NOTE Confidence: 0.84910816

00:25:42.440 --> 00:25:44.000 What are you talking about?
NOTE Confidence: 0.84910816

00:25:44.000 --> 00:25:46.184 There's no evidence for any of this,
NOTE Confidence: 0.84910816

00:25:46.190 --> 00:25:48.068 so there's a lot of recent,

NOTE Confidence: 0.84910816

00:25:48.070 --> 00:25:49.918 very good research from all over

NOTE Confidence: 0.84910816

00:25:49.918 --> 00:25:51.830 the world that it will also.

NOTE Confidence: 0.84910816

00:25:51.830 --> 00:25:52.769 Just like now,

NOTE Confidence: 0.84910816

00:25:52.769 --> 00:25:54.647 we can lift weights with lymphoedema.

NOTE Confidence: 0.84910816

00:25:54.650 --> 00:25:56.834 We can draw blood from the arm.

NOTE Confidence: 0.84910816

00:25:56.840 --> 00:25:58.610 With Lymphoedema we can have blood

NOTE Confidence: 0.84910816

00:25:58.610 --> 00:26:00.910 pressure taken from the arm with lymphoedema,

NOTE Confidence: 0.84910816

00:26:00.910 --> 00:26:02.158 because these things are

NOTE Confidence: 0.84910816

00:26:02.158 --> 00:26:03.406 not changing your anatomy.

NOTE Confidence: 0.84910816

00:26:03.410 --> 00:26:05.348 They're not a risk for developing

NOTE Confidence: 0.84910816

00:26:05.348 --> 00:26:07.874 in Fatima and we do have a lot

NOTE Confidence: 0.84910816

00:26:07.874 --> 00:26:09.355 of really good studies now,

NOTE Confidence: 0.84910816

00:26:09.355 --> 00:26:10.635 right before the pandemic,

NOTE Confidence: 0.84910816

00:26:10.635 --> 00:26:12.645 I was at an international meeting.

NOTE Confidence: 0.84910816

00:26:12.650 --> 00:26:14.545 And the US people said, OK,

NOTE Confidence: 0.84910816

00:26:14.545 --> 00:26:17.065 we're going to have to sit down and
NOTE Confidence: 0.84910816

00:26:17.065 --> 00:26:18.640 rewrite all our guidelines because
NOTE Confidence: 0.84910816

00:26:18.640 --> 00:26:20.530 there's so much research out there.
NOTE Confidence: 0.84910816

00:26:20.530 --> 00:26:21.120 And then,
NOTE Confidence: 0.84910816

00:26:21.120 --> 00:26:21.710 of course,
NOTE Confidence: 0.84910816

00:26:21.710 --> 00:26:24.310 the pandemic hit and that has not happened.
NOTE Confidence: 0.84910816

00:26:24.310 --> 00:26:26.438 But I never tell my patients you
NOTE Confidence: 0.84910816

00:26:26.438 --> 00:26:28.719 can have blood drawn from that arm.
NOTE Confidence: 0.84910816

00:26:28.720 --> 00:26:31.240 You can take blood pressure from that arm.
NOTE Confidence: 0.84910816

00:26:31.240 --> 00:26:33.522 If you have are having surgery on
NOTE Confidence: 0.84910816

00:26:33.522 --> 00:26:35.957 the other arm and you need an Ivy,
NOTE Confidence: 0.84910816

00:26:35.960 --> 00:26:37.787 you can put that in your arm
NOTE Confidence: 0.84910816

00:26:37.787 --> 00:26:39.430 at risk for lymphoedema.
NOTE Confidence: 0.84910816

00:26:39.430 --> 00:26:41.005 Much better than putting it
NOTE Confidence: 0.84910816

00:26:41.005 --> 00:26:43.215 in your leg at risk for.
NOTE Confidence: 0.84910816

00:26:43.215 --> 00:26:44.740 Deep vein thrombosis.

NOTE Confidence: 0.84910816
00:26:44.740 --> 00:26:48.176 So a lot of these restrictions are
NOTE Confidence: 0.84910816
00:26:48.176 --> 00:26:51.488 really really being lifted so that
NOTE Confidence: 0.84910816
00:26:51.488 --> 00:26:54.448 that will all be evolving soon.
NOTE Confidence: 0.84910816
00:26:54.450 --> 00:26:54.770 These
NOTE Confidence: 0.8500066
00:26:54.770 --> 00:26:56.390 are major myths to bust,
NOTE Confidence: 0.8500066
00:26:56.390 --> 00:26:58.324 so thank you so much Stacy,
NOTE Confidence: 0.8500066
00:26:58.324 --> 00:26:59.894 maybe this is something you
NOTE Confidence: 0.8500066
00:26:59.894 --> 00:27:01.899 could speak to a little bit.
NOTE Confidence: 0.8500066
00:27:01.900 --> 00:27:03.196 What do you think?
NOTE Confidence: 0.8500066
00:27:03.196 --> 00:27:04.168 A patient right?
NOTE Confidence: 0.8500066
00:27:04.170 --> 00:27:06.486 What is it that causes fatigue
NOTE Confidence: 0.8500066
00:27:06.486 --> 00:27:08.520 years after treatment has ended?
NOTE Confidence: 0.8500066
00:27:08.520 --> 00:27:09.820 How would you approach
NOTE Confidence: 0.8500066
00:27:09.820 --> 00:27:11.445 that topic in your clinic?
NOTE Confidence: 0.8500066
00:27:11.450 --> 00:27:14.375 And I can also chime in too if you
NOTE Confidence: 0.8500066

00:27:14.375 --> 00:27:16.972 if you wanted me to write so good.
NOTE Confidence: 0.8500066

00:27:16.972 --> 00:27:18.272 It's a good question.
NOTE Confidence: 0.8500066

00:27:18.272 --> 00:27:18.598 Unfortunately,
NOTE Confidence: 0.8458304

00:27:18.600 --> 00:27:20.874 the answer is not always 100% clear.
NOTE Confidence: 0.8458304

00:27:20.874 --> 00:27:21.846 Oftentimes it's multifactorial.
NOTE Confidence: 0.8458304

00:27:21.846 --> 00:27:23.765 So for instance, for some patients,
NOTE Confidence: 0.8458304

00:27:23.765 --> 00:27:25.340 so it depends what you
NOTE Confidence: 0.8458304

00:27:25.340 --> 00:27:26.400 consider treatment ending.
NOTE Confidence: 0.8458304

00:27:26.400 --> 00:27:28.670 So some of our patients have chronic
NOTE Confidence: 0.8458304

00:27:28.670 --> 00:27:30.295 loop lymphoma prints for instance,
NOTE Confidence: 0.8458304

00:27:30.300 --> 00:27:32.250 and they might be on treatment
NOTE Confidence: 0.8458304

00:27:32.250 --> 00:27:33.550 and then off treatment.
NOTE Confidence: 0.8458304

00:27:33.550 --> 00:27:35.500 But maybe they are anemic chronically,
NOTE Confidence: 0.8458304

00:27:35.500 --> 00:27:37.943 so they might chronically have a low
NOTE Confidence: 0.8458304

00:27:37.943 --> 00:27:40.109 level of fatigue related to that.
NOTE Confidence: 0.8458304

00:27:40.110 --> 00:27:41.103 Certainly emotionally depression

NOTE Confidence: 0.8458304

00:27:41.103 --> 00:27:43.089 and anxiety like Scott talked about

NOTE Confidence: 0.8458304

00:27:43.089 --> 00:27:44.849 can contribute to fatigue as well.

NOTE Confidence: 0.8458304

00:27:44.850 --> 00:27:45.795 That's a huge,

NOTE Confidence: 0.8458304

00:27:45.795 --> 00:27:47.685 huge reason people complain of fatigue.

NOTE Confidence: 0.8458304

00:27:47.690 --> 00:27:49.270 You know immediately after treatment,

NOTE Confidence: 0.8458304

00:27:49.270 --> 00:27:50.930 certainly there's some cell repair

NOTE Confidence: 0.8458304

00:27:50.930 --> 00:27:53.226 that's going on that can make you

NOTE Confidence: 0.8458304

00:27:53.226 --> 00:27:54.954 feel a little bit more fatigued.

NOTE Confidence: 0.8458304

00:27:54.960 --> 00:27:56.856 Some people have trouble sleeping with,

NOTE Confidence: 0.8458304

00:27:56.860 --> 00:27:59.388 whether that's just regular run of the mill,

NOTE Confidence: 0.8458304

00:27:59.390 --> 00:27:59.706 insomnia,

NOTE Confidence: 0.8458304

00:27:59.706 --> 00:28:01.602 or if it's related to anxiety

NOTE Confidence: 0.8458304

00:28:01.602 --> 00:28:02.550 about disease recurrence.

NOTE Confidence: 0.8458304

00:28:02.550 --> 00:28:05.070 Any of those things can cause insomnia also,

NOTE Confidence: 0.8458304

00:28:05.070 --> 00:28:06.650 cause you to feel fatigued,

NOTE Confidence: 0.8458304

00:28:06.650 --> 00:28:08.834 so there's there's a lot of different
NOTE Confidence: 0.8458304

00:28:08.834 --> 00:28:11.389 reasons that can cause you to feel fatigued,
NOTE Confidence: 0.8458304

00:28:11.390 --> 00:28:13.609 even years after you're done with treatment.
NOTE Confidence: 0.8458304

00:28:13.610 --> 00:28:14.774 And unfortunately, it's not.
NOTE Confidence: 0.8458304

00:28:14.774 --> 00:28:15.938 Easy to pin down.
NOTE Confidence: 0.86155885

00:28:17.170 --> 00:28:19.790 I think that's exactly right, and you know,
NOTE Confidence: 0.86155885

00:28:19.790 --> 00:28:21.830 sometimes you can have other medical
NOTE Confidence: 0.86155885

00:28:21.830 --> 00:28:24.080 issues that come up that can can mask
NOTE Confidence: 0.86155885

00:28:24.080 --> 00:28:26.291 as fatigue or be signal fatigue can
NOTE Confidence: 0.86155885

00:28:26.291 --> 00:28:28.331 be a signal that something's wrong,
NOTE Confidence: 0.86155885

00:28:28.340 --> 00:28:30.796 so there is often a bunch of labs
NOTE Confidence: 0.86155885

00:28:30.796 --> 00:28:33.115 that people might do just to rule
NOTE Confidence: 0.86155885

00:28:33.115 --> 00:28:35.030 out any other issues going on.
NOTE Confidence: 0.86155885

00:28:35.030 --> 00:28:37.280 In addition to all the.
NOTE Confidence: 0.86155885

00:28:37.280 --> 00:28:40.430 The things that Stacey mentioned.
NOTE Confidence: 0.86155885

00:28:40.430 --> 00:28:42.848 OK Scott, let's hear from you.

NOTE Confidence: 0.86155885

00:28:42.850 --> 00:28:45.280 There is a couple of questions.

NOTE Confidence: 0.86155885

00:28:45.280 --> 00:28:47.698 One is about the updated guidelines,

NOTE Confidence: 0.86155885

00:28:47.700 --> 00:28:50.130 so maybe you could speak that.

NOTE Confidence: 0.86155885

00:28:50.130 --> 00:28:53.546 I see you put something in the chat

NOTE Confidence: 0.86155885

00:28:53.546 --> 00:28:56.838 and then there's also a question.

NOTE Confidence: 0.86155885

00:28:56.840 --> 00:28:58.825 For women with metastatic breast

NOTE Confidence: 0.86155885

00:28:58.825 --> 00:29:02.008 cancer to the bones, is it OK to

NOTE Confidence: 0.82443327

00:29:02.010 --> 00:29:03.602 do weight bearing exercises?

NOTE Confidence: 0.82443327

00:29:03.602 --> 00:29:06.016 Yeah, I. I just tried to pop

NOTE Confidence: 0.82443327

00:29:06.016 --> 00:29:07.925 the the American College Sports

NOTE Confidence: 0.82443327

00:29:07.925 --> 00:29:10.370 Medicine guidelines into the chat.

NOTE Confidence: 0.82443327

00:29:10.370 --> 00:29:12.758 If it didn't go through somebody,

NOTE Confidence: 0.82443327

00:29:12.760 --> 00:29:16.740 let me know and I'll try to repost it there.

NOTE Confidence: 0.82443327

00:29:16.740 --> 00:29:19.372 So to the to the question about

NOTE Confidence: 0.82443327

00:29:19.372 --> 00:29:21.120 anybody with metastatic disease.

NOTE Confidence: 0.82443327

00:29:21.120 --> 00:29:23.508 Anybody who may have bone metastases,
NOTE Confidence: 0.82443327

00:29:23.510 --> 00:29:25.234 the answer is yes,
NOTE Confidence: 0.82443327

00:29:25.234 --> 00:29:27.389 that you can exercise again.
NOTE Confidence: 0.82443327

00:29:27.390 --> 00:29:29.586 For anybody who has metastatic disease,
NOTE Confidence: 0.82443327

00:29:29.590 --> 00:29:31.600 you know we would highly recommend
NOTE Confidence: 0.82443327

00:29:31.600 --> 00:29:33.968 that you would work with a physical
NOTE Confidence: 0.82443327

00:29:33.968 --> 00:29:36.222 therapist or work you know with with
NOTE Confidence: 0.82443327

00:29:36.291 --> 00:29:38.399 a certified exercise physiologist.
NOTE Confidence: 0.82443327

00:29:38.400 --> 00:29:40.596 It's just start a safe program.
NOTE Confidence: 0.82443327

00:29:40.600 --> 00:29:42.861 My approach to this is to work
NOTE Confidence: 0.82443327

00:29:42.861 --> 00:29:46.004 is to do a lot of what we call
NOTE Confidence: 0.82443327

00:29:46.004 --> 00:29:48.310 kind of closed chain exercises,
NOTE Confidence: 0.82443327

00:29:48.310 --> 00:29:50.446 at least starting there and what
NOTE Confidence: 0.82443327

00:29:50.446 --> 00:29:52.698 I mean by closed chain exercises
NOTE Confidence: 0.82443327

00:29:52.698 --> 00:29:55.337 that to make sure that that the
NOTE Confidence: 0.82443327

00:29:55.337 --> 00:29:57.536 hand is anchored or that the.

NOTE Confidence: 0.82443327
00:29:57.540 --> 00:29:58.455 Foot is anchored,
NOTE Confidence: 0.82443327
00:29:58.455 --> 00:30:00.285 so I might start with like
NOTE Confidence: 0.82443327
00:30:00.285 --> 00:30:01.909 wall pushups for example.
NOTE Confidence: 0.82443327
00:30:01.910 --> 00:30:04.255 It's something like like even like squats.
NOTE Confidence: 0.82443327
00:30:04.260 --> 00:30:06.465 For example, is a safe exercise and
NOTE Confidence: 0.82443327
00:30:06.465 --> 00:30:08.290 we can even like you're.
NOTE Confidence: 0.82443327
00:30:08.290 --> 00:30:10.635 You know, if you're in our gym,
NOTE Confidence: 0.82443327
00:30:10.640 --> 00:30:13.048 you know you we can set the height
NOTE Confidence: 0.82443327
00:30:13.048 --> 00:30:15.347 of the map table for example.
NOTE Confidence: 0.82443327
00:30:15.350 --> 00:30:18.365 So instead of going from a very low height,
NOTE Confidence: 0.82443327
00:30:18.370 --> 00:30:20.794 we can raise that height so that it's
NOTE Confidence: 0.82443327
00:30:20.794 --> 00:30:23.166 just a very small distance that you
NOTE Confidence: 0.82443327
00:30:23.166 --> 00:30:26.100 have to do that that this is standard.
NOTE Confidence: 0.82443327
00:30:26.100 --> 00:30:28.866 Do that squat, so to speak.
NOTE Confidence: 0.82443327
00:30:28.870 --> 00:30:30.070 And so we would.
NOTE Confidence: 0.82443327

00:30:30.070 --> 00:30:32.726 We would start there and then we would
NOTE Confidence: 0.82443327

00:30:32.726 --> 00:30:35.078 progress you through slowly and safely.
NOTE Confidence: 0.82443327

00:30:35.080 --> 00:30:37.446 But yes, we would be able to
NOTE Confidence: 0.82443327

00:30:37.446 --> 00:30:38.880 progress you through that,
NOTE Confidence: 0.82443327

00:30:38.880 --> 00:30:41.250 and it's interesting.
NOTE Confidence: 0.82443327

00:30:41.250 --> 00:30:43.090 The actually again the American
NOTE Confidence: 0.82443327

00:30:43.090 --> 00:30:44.194 College sports medicine.
NOTE Confidence: 0.82443327

00:30:44.200 --> 00:30:46.040 They just had their big
NOTE Confidence: 0.82443327

00:30:46.040 --> 00:30:47.512 annual conference last week,
NOTE Confidence: 0.82443327

00:30:47.520 --> 00:30:48.332 all virtually,
NOTE Confidence: 0.82443327

00:30:48.332 --> 00:30:51.580 and there was a great talk about exercising
NOTE Confidence: 0.82443327

00:30:51.656 --> 00:30:54.527 an so supposedly by the end of this year,
NOTE Confidence: 0.82443327

00:30:54.530 --> 00:30:56.380 by the end of 2021,
NOTE Confidence: 0.82443327

00:30:56.380 --> 00:30:58.624 they're going to update their clinical
NOTE Confidence: 0.82443327

00:30:58.624 --> 00:31:00.527 practice guidelines for exercising for
NOTE Confidence: 0.82443327

00:31:00.527 --> 00:31:02.277 individuals who have Bony metastases,

NOTE Confidence: 0.82443327

00:31:02.280 --> 00:31:04.120 and so will definitely have

NOTE Confidence: 0.82443327

00:31:04.120 --> 00:31:05.592 a much clearer picture.

NOTE Confidence: 0.82443327

00:31:05.600 --> 00:31:08.930 And so for all of us as the clinicians,

NOTE Confidence: 0.82443327

00:31:08.930 --> 00:31:10.900 we're going to take that.

NOTE Confidence: 0.82443327

00:31:10.900 --> 00:31:12.670 And bring that to you,

NOTE Confidence: 0.82443327

00:31:12.670 --> 00:31:15.043 but I I am currently working with

NOTE Confidence: 0.82443327

00:31:15.043 --> 00:31:17.604 people who have vomit ***** now and

NOTE Confidence: 0.82443327

00:31:17.604 --> 00:31:19.364 again that's that's my approach.

NOTE Confidence: 0.82443327

00:31:19.370 --> 00:31:19.723 Yes,

NOTE Confidence: 0.82443327

00:31:19.723 --> 00:31:21.488 I want you doing cardiovascular

NOTE Confidence: 0.82443327

00:31:21.488 --> 00:31:22.194 exercise safely.

NOTE Confidence: 0.82443327

00:31:22.200 --> 00:31:24.664 I want you doing weight bearing exercises.

NOTE Confidence: 0.82443327

00:31:24.670 --> 00:31:25.780 Like I said,

NOTE Confidence: 0.82443327

00:31:25.780 --> 00:31:27.260 typically starting with closed

NOTE Confidence: 0.82443327

00:31:27.260 --> 00:31:29.063 chain exercises and then we

NOTE Confidence: 0.82443327

00:31:29.063 --> 00:31:30.315 can progress from there.
NOTE Confidence: 0.82443327

00:31:30.320 --> 00:31:32.784 I did see somewhere in there too.
NOTE Confidence: 0.82443327

00:31:32.790 --> 00:31:34.896 Maybe this also kind of corresponds.
NOTE Confidence: 0.82443327

00:31:34.900 --> 00:31:36.892 I saw a question about crunches
NOTE Confidence: 0.82443327

00:31:36.892 --> 00:31:39.063 and so this would be another
NOTE Confidence: 0.82443327

00:31:39.063 --> 00:31:40.998 opportunity for again for it.
NOTE Confidence: 0.82443327

00:31:41.000 --> 00:31:42.110 Trail for education.
NOTE Confidence: 0.82443327

00:31:42.110 --> 00:31:45.500 You know that Kelly or I could do to say,
NOTE Confidence: 0.82443327

00:31:45.500 --> 00:31:45.845 OK,
NOTE Confidence: 0.82443327

00:31:45.845 --> 00:31:47.915 maybe we don't want to necessarily
NOTE Confidence: 0.82443327

00:31:47.915 --> 00:31:48.605 do crunches,
NOTE Confidence: 0.82443327

00:31:48.610 --> 00:31:50.512 but there are other core exercises
NOTE Confidence: 0.82443327

00:31:50.512 --> 00:31:52.945 that you can be doing that can
NOTE Confidence: 0.82443327

00:31:52.945 --> 00:31:54.413 engage your abdominal exercises
NOTE Confidence: 0.82443327

00:31:54.413 --> 00:31:56.220 and work on that core.
NOTE Confidence: 0.82443327

00:31:56.220 --> 00:31:57.596 Strengthening but protecting your

NOTE Confidence: 0.82443327

00:31:57.596 --> 00:32:00.030 back at the at the same time.

NOTE Confidence: 0.77864885

00:32:02.450 --> 00:32:04.970 OK, thank you alright, so here I'm going

NOTE Confidence: 0.77864885

00:32:04.970 --> 00:32:07.579 to read this Chattan see maybe Kelly

NOTE Confidence: 0.77864885

00:32:07.579 --> 00:32:09.820 this might be appropriate for you,

NOTE Confidence: 0.77864885

00:32:09.820 --> 00:32:12.330 but anyone can chime in.

NOTE Confidence: 0.77864885

00:32:12.330 --> 00:32:14.906 What would be considered too much exercise?

NOTE Confidence: 0.77864885

00:32:14.910 --> 00:32:17.870 For example, is there a maximum heart rate?

NOTE Confidence: 0.77864885

00:32:17.870 --> 00:32:21.518 I'm 42 that we need to stay under.

NOTE Confidence: 0.77864885

00:32:21.520 --> 00:32:23.120 When I first got diagnosed,

NOTE Confidence: 0.77864885

00:32:23.120 --> 00:32:26.000 I was only walking about 2 miles per week.

NOTE Confidence: 0.77864885

00:32:26.000 --> 00:32:27.600 I couldn't keep my heart

NOTE Confidence: 0.77864885

00:32:27.600 --> 00:32:29.200 under 130 beats per minute.

NOTE Confidence: 0.77864885

00:32:29.200 --> 00:32:31.468 Now I can walk four to five

NOTE Confidence: 0.77864885

00:32:31.468 --> 00:32:33.039 miles five times a week.

NOTE Confidence: 0.77864885

00:32:33.040 --> 00:32:34.640 Great without going over 120.

NOTE Confidence: 0.77864885

00:32:34.640 --> 00:32:36.792 I recently had my power port removed and
NOTE Confidence: 0.77864885

00:32:36.792 --> 00:32:39.117 I have started with weight exercises,
NOTE Confidence: 0.77864885

00:32:39.120 --> 00:32:42.320 but my heart rate often goes up to 150 range.
NOTE Confidence: 0.77864885

00:32:42.320 --> 00:32:43.920 Energy hasn't been a problem,
NOTE Confidence: 0.77864885

00:32:43.920 --> 00:32:45.520 but I'm concerned about injuries
NOTE Confidence: 0.77864885

00:32:45.520 --> 00:32:47.656 and setbacks. Thank you.
NOTE Confidence: 0.77864885

00:32:47.656 --> 00:32:50.648 Thanks for that question.
NOTE Confidence: 0.77864885

00:32:50.650 --> 00:32:51.010 Can
NOTE Confidence: 0.79505295

00:32:51.010 --> 00:32:54.610 you just read one more time when it goes up
NOTE Confidence: 0.79505295

00:32:54.610 --> 00:32:57.130 to the 150 range? Sounds like with
NOTE Confidence: 0.79505295

00:32:57.130 --> 00:32:58.930 a new straight weight exercises,
NOTE Confidence: 0.79505295

00:32:58.930 --> 00:33:01.090 so I think that's strength training.
NOTE Confidence: 0.9196533

00:33:02.160 --> 00:33:06.655 OK. So I'm wondering so, first of all,
NOTE Confidence: 0.9196533

00:33:06.660 --> 00:33:09.078 that sounds like great fitness progression
NOTE Confidence: 0.9196533

00:33:09.078 --> 00:33:11.790 from the beginning part of that question,
NOTE Confidence: 0.9196533

00:33:11.790 --> 00:33:15.080 and we tend to see when I first do that

NOTE Confidence: 0.9196533

00:33:15.174 --> 00:33:17.454 submaximal stress test with people

NOTE Confidence: 0.9196533

00:33:17.454 --> 00:33:21.180 I tend to see heart rates skyrocket.

NOTE Confidence: 0.9196533

00:33:21.180 --> 00:33:23.721 In people that you would see if

NOTE Confidence: 0.9196533

00:33:23.721 --> 00:33:25.844 they walked through the door at

NOTE Confidence: 0.9196533

00:33:25.844 --> 00:33:28.084 look very healthy and fit to you.

NOTE Confidence: 0.9196533

00:33:28.090 --> 00:33:30.754 I see them going from a resting heart

NOTE Confidence: 0.9196533

00:33:30.754 --> 00:33:33.484 rate of. 80 to 140 within the 1st

NOTE Confidence: 0.9196533

00:33:33.484 --> 00:33:36.259 3 minutes of that Submax stressed,

NOTE Confidence: 0.9196533

00:33:36.260 --> 00:33:38.666 so I see that a lot.

NOTE Confidence: 0.9196533

00:33:38.670 --> 00:33:40.715 I think the deconditioning from

NOTE Confidence: 0.9196533

00:33:40.715 --> 00:33:43.110 the treatment really does a lot,

NOTE Confidence: 0.9196533

00:33:43.110 --> 00:33:45.864 but that progression sounds good with

NOTE Confidence: 0.9196533

00:33:45.864 --> 00:33:48.073 the strength training getting that

NOTE Confidence: 0.9196533

00:33:48.073 --> 00:33:50.970 heart rate up to 150, I'm wondering if.

NOTE Confidence: 0.9196533

00:33:50.970 --> 00:33:53.320 Maybe there's some breath holding

NOTE Confidence: 0.9196533

00:33:53.320 --> 00:33:56.068 going on there or the exercise.

NOTE Confidence: 0.9196533

00:33:56.070 --> 00:33:58.518 Maybe is a little too hard.

NOTE Confidence: 0.9196533

00:33:58.520 --> 00:34:01.600 At 42 years old you should be able

NOTE Confidence: 0.9196533

00:34:01.600 --> 00:34:05.433 to get your heart rate up to 1:50 if

NOTE Confidence: 0.9196533

00:34:05.433 --> 00:34:07.721 you're not on any cardiac medications.

NOTE Confidence: 0.9196533

00:34:07.721 --> 00:34:10.150 I would say we typically do a

NOTE Confidence: 0.9196533

00:34:10.219 --> 00:34:11.569 Karvonen calculation,

NOTE Confidence: 0.9196533

00:34:11.570 --> 00:34:13.614 which once I'm done talking,

NOTE Confidence: 0.9196533

00:34:13.614 --> 00:34:16.056 I can even figure that out,

NOTE Confidence: 0.9196533

00:34:16.060 --> 00:34:18.566 but I don't know this person that

NOTE Confidence: 0.9196533

00:34:18.566 --> 00:34:21.554 well and any other meds because we

NOTE Confidence: 0.9196533

00:34:21.554 --> 00:34:24.308 also use that submaximal stress test.

NOTE Confidence: 0.9196533

00:34:24.310 --> 00:34:26.746 Went because it's so very individual

NOTE Confidence: 0.9196533

00:34:26.746 --> 00:34:29.570 to see what what heart rate that

NOTE Confidence: 0.9196533

00:34:29.570 --> 00:34:32.214 they got to what's there 85% if

NOTE Confidence: 0.9196533

00:34:32.214 --> 00:34:33.790 they even reached it.

NOTE Confidence: 0.9196533

00:34:33.790 --> 00:34:35.370 Some people aren't even

NOTE Confidence: 0.9196533

00:34:35.370 --> 00:34:36.555 physically fit enough,

NOTE Confidence: 0.9196533

00:34:36.560 --> 00:34:38.530 but The Walking in this

NOTE Confidence: 0.9196533

00:34:38.530 --> 00:34:40.106 question sounds sounds great,

NOTE Confidence: 0.9196533

00:34:40.110 --> 00:34:42.312 but I'm wondering maybe the weight

NOTE Confidence: 0.9196533

00:34:42.312 --> 00:34:45.533 is a bit too heavy to start out

NOTE Confidence: 0.9196533

00:34:45.533 --> 00:34:47.618 with and maybe the breathing.

NOTE Confidence: 0.9196533

00:34:47.620 --> 00:34:50.378 You know X hailing on the exertion,

NOTE Confidence: 0.9196533

00:34:50.380 --> 00:34:52.750 paying close attention to the breathing,

NOTE Confidence: 0.9196533

00:34:52.750 --> 00:34:55.378 not holding breath and breathing properly.

NOTE Confidence: 0.9196533

00:34:55.380 --> 00:34:57.360 And also possibly maybe they're doing

NOTE Confidence: 0.9196533

00:34:57.360 --> 00:35:00.300 is she doing well or he or she doing

NOTE Confidence: 0.9196533

00:35:00.300 --> 00:35:01.860 multi muscle strength training is

NOTE Confidence: 0.9196533

00:35:01.920 --> 00:35:03.756 when you're doing both upper body

NOTE Confidence: 0.9196533

00:35:03.756 --> 00:35:06.234 and lower body at the same time?

NOTE Confidence: 0.9196533

00:35:06.234 --> 00:35:07.906 You might be hitting.
NOTE Confidence: 0.9196533

00:35:07.910 --> 00:35:08.843 Higher heart rates,
NOTE Confidence: 0.9196533

00:35:08.843 --> 00:35:11.020 so that would be kind of my
NOTE Confidence: 0.9196533

00:35:11.091 --> 00:35:12.879 thoughts for that question.
NOTE Confidence: 0.9196533

00:35:12.880 --> 00:35:15.628 I hope it helped.
NOTE Confidence: 0.9196533

00:35:15.630 --> 00:35:17.808 If you want me to figure out a Karvonen,
NOTE Confidence: 0.9196533

00:35:17.810 --> 00:35:18.676 I can,
NOTE Confidence: 0.9196533

00:35:18.676 --> 00:35:19.542 but again,
NOTE Confidence: 0.9196533

00:35:19.542 --> 00:35:21.274 not knowing this person.
NOTE Confidence: 0.9196533

00:35:21.280 --> 00:35:21.610 I
NOTE Confidence: 0.8241366

00:35:21.610 --> 00:35:22.618 guess those are
NOTE Confidence: 0.8241366

00:35:22.620 --> 00:35:23.952 some great great thoughts
NOTE Confidence: 0.8241366

00:35:23.952 --> 00:35:25.617 to start with for sure.
NOTE Confidence: 0.8241366

00:35:25.620 --> 00:35:27.110 OK, here is another one
NOTE Confidence: 0.8241366

00:35:27.110 --> 00:35:28.600 that maybe piggybacks on to
NOTE Confidence: 0.8241366

00:35:28.662 --> 00:35:30.298 this with strength training.

NOTE Confidence: 0.8241366

00:35:30.300 --> 00:35:32.304 How can I do strength training

NOTE Confidence: 0.8241366

00:35:32.304 --> 00:35:35.740 without bulking up my muscles?

NOTE Confidence: 0.8336004

00:35:35.740 --> 00:35:37.570 That's a, that's a good question.

NOTE Confidence: 0.8336004

00:35:37.570 --> 00:35:39.986 I can start with that and then kill

NOTE Confidence: 0.8336004

00:35:39.986 --> 00:35:42.756 if you wanna hop in on that one too.

NOTE Confidence: 0.8336004

00:35:42.760 --> 00:35:45.208 So yeah, so if you want to build

NOTE Confidence: 0.8336004

00:35:45.208 --> 00:35:47.330 strength without building a lot of bulk,

NOTE Confidence: 0.8336004

00:35:47.330 --> 00:35:48.486 typically what we do,

NOTE Confidence: 0.8336004

00:35:48.486 --> 00:35:51.850 what we would tell you is to do kind of a

NOTE Confidence: 0.8336004

00:35:51.850 --> 00:35:54.040 lower weight but higher repetitions you know.

NOTE Confidence: 0.8336004

00:35:54.040 --> 00:35:55.870 And so again you were talking

NOTE Confidence: 0.8336004

00:35:55.870 --> 00:35:57.400 about the bands, for example.

NOTE Confidence: 0.8336004

00:35:57.400 --> 00:35:59.230 Like all of these resistance bands

NOTE Confidence: 0.8336004

00:35:59.230 --> 00:36:01.385 that we use in the exercise classes

NOTE Confidence: 0.8336004

00:36:01.385 --> 00:36:02.888 and in therapy, they're all.

NOTE Confidence: 0.8336004

00:36:02.888 --> 00:36:04.408 They're actually all color coded
NOTE Confidence: 0.8336004

00:36:04.408 --> 00:36:06.690 by resistance, and so you can use.
NOTE Confidence: 0.8336004

00:36:06.690 --> 00:36:09.610 One of the bands that has a lower
NOTE Confidence: 0.8336004

00:36:09.610 --> 00:36:12.089 resistance but you rather than doing,
NOTE Confidence: 0.8336004

00:36:12.090 --> 00:36:14.799 you know three sets of 10 repetitions.
NOTE Confidence: 0.8336004

00:36:14.800 --> 00:36:18.265 You know, maybe you're doing two sets of 20,
NOTE Confidence: 0.8336004

00:36:18.270 --> 00:36:20.586 but it's a lower lower resistance.
NOTE Confidence: 0.8732802

00:36:23.540 --> 00:36:26.576 So you're saying you can strength
NOTE Confidence: 0.8732802

00:36:26.576 --> 00:36:28.600 train without getting huge
NOTE Confidence: 0.8732802

00:36:28.600 --> 00:36:30.620 big muscles? Yeah, absolutely.
NOTE Confidence: 0.87694347

00:36:31.680 --> 00:36:34.016 And I can just add if it's OK,
NOTE Confidence: 0.87694347

00:36:34.020 --> 00:36:36.657 I can just add a little bit to that.
NOTE Confidence: 0.87694347

00:36:36.660 --> 00:36:39.320 I also find that it's actually kind
NOTE Confidence: 0.87694347

00:36:39.320 --> 00:36:42.280 of hard to get huge big muscles.
NOTE Confidence: 0.87694347

00:36:42.280 --> 00:36:44.890 You have to be working in
NOTE Confidence: 0.87694347

00:36:44.890 --> 00:36:46.630 the gym very regularly,

NOTE Confidence: 0.87694347

00:36:46.630 --> 00:36:48.494 lifting very heavy weights,

NOTE Confidence: 0.87694347

00:36:48.494 --> 00:36:51.290 but also there's the nutrition side

NOTE Confidence: 0.87694347

00:36:51.366 --> 00:36:54.026 of things that people that get huge.

NOTE Confidence: 0.87694347

00:36:54.030 --> 00:36:56.466 Big muscles tend to be trying

NOTE Confidence: 0.87694347

00:36:56.466 --> 00:36:59.249 to eat a lot of protein.

NOTE Confidence: 0.87694347

00:36:59.250 --> 00:37:01.420 Maybe they're taking protein powder.

NOTE Confidence: 0.87694347

00:37:01.420 --> 00:37:04.030 They're eating a lot of calories.

NOTE Confidence: 0.87694347

00:37:04.030 --> 00:37:07.510 It takes work to get huge big muscles.

NOTE Confidence: 0.87694347

00:37:07.510 --> 00:37:11.605 Also, a lot of that is genetic.

NOTE Confidence: 0.87694347

00:37:11.610 --> 00:37:13.595 Some people can get bigger

NOTE Confidence: 0.87694347

00:37:13.595 --> 00:37:15.580 muscles easier than other people,

NOTE Confidence: 0.87694347

00:37:15.580 --> 00:37:17.956 even if those people are trying.

NOTE Confidence: 0.87694347

00:37:17.960 --> 00:37:19.672 So like Scott mentioned,

NOTE Confidence: 0.87694347

00:37:19.672 --> 00:37:23.208 the lighter weight we tend to do two to

NOTE Confidence: 0.87694347

00:37:23.208 --> 00:37:26.300 three sets of like 12 to 15 repetitions,

NOTE Confidence: 0.87694347

00:37:26.300 --> 00:37:28.960 but I don't really have people doing
NOTE Confidence: 0.87694347

00:37:28.960 --> 00:37:30.996 heavier weights with the lower
NOTE Confidence: 0.87694347

00:37:30.996 --> 00:37:33.046 repetitions to build the muscles,
NOTE Confidence: 0.87694347

00:37:33.050 --> 00:37:35.584 so I find I think it's difficult
NOTE Confidence: 0.87694347

00:37:35.584 --> 00:37:37.420 to grow big muscles.
NOTE Confidence: 0.8201072

00:37:38.790 --> 00:37:41.446 A lot of women don't want big muscles,
NOTE Confidence: 0.8201072

00:37:41.446 --> 00:37:43.108 so they won't be reassuring,
NOTE Confidence: 0.8201072

00:37:43.110 --> 00:37:44.910 but it's hard. It would be
NOTE Confidence: 0.8201072

00:37:44.910 --> 00:37:46.760 hard to get big muscles.
NOTE Confidence: 0.8460423

00:37:48.310 --> 00:37:50.350 Well, Stacy and Janet, I know.
NOTE Confidence: 0.8460423

00:37:50.350 --> 00:37:52.192 So Kelly mentioned a little bit
NOTE Confidence: 0.8460423

00:37:52.192 --> 00:37:54.252 about people who are bulking up
NOTE Confidence: 0.8460423

00:37:54.252 --> 00:37:55.788 and eating different things.
NOTE Confidence: 0.8460423

00:37:55.790 --> 00:37:58.278 What do you guys talk to your patients
NOTE Confidence: 0.8460423

00:37:58.278 --> 00:38:00.889 about in regards to diet and exercise?
NOTE Confidence: 0.8460423

00:38:00.890 --> 00:38:02.930 So someone wrote if I exercise,

NOTE Confidence: 0.8460423

00:38:02.930 --> 00:38:06.255 should I change anything that I eat?

NOTE Confidence: 0.8460423

00:38:06.260 --> 00:38:07.670 Should I be eating more protein?

NOTE Confidence: 0.841000434285714

00:38:10.200 --> 00:38:12.916 Any thoughts on that? I think it

NOTE Confidence: 0.822612

00:38:12.920 --> 00:38:14.330 depends. If like Kelly said,

NOTE Confidence: 0.822612

00:38:14.330 --> 00:38:16.010 if you're trying to build muscle,

NOTE Confidence: 0.822612

00:38:16.010 --> 00:38:17.114 certainly protein is important,

NOTE Confidence: 0.822612

00:38:17.114 --> 00:38:18.770 but I think speaking with a

NOTE Confidence: 0.822612

00:38:18.823 --> 00:38:20.510 nutritionist can help in terms of

NOTE Confidence: 0.822612

00:38:20.510 --> 00:38:21.932 determining exactly how much protein

NOTE Confidence: 0.822612

00:38:21.932 --> 00:38:24.046 you need and if you really you

NOTE Confidence: 0.822612

00:38:24.046 --> 00:38:25.570 don't necessarily need to bulk up.

NOTE Confidence: 0.822612

00:38:25.570 --> 00:38:27.537 I think talking to them about that,

NOTE Confidence: 0.822612

00:38:27.540 --> 00:38:29.250 and I always tell patients it's

NOTE Confidence: 0.822612

00:38:29.250 --> 00:38:31.190 not really about a diet per say,

NOTE Confidence: 0.822612

00:38:31.190 --> 00:38:33.318 it's just about a well balanced eating

NOTE Confidence: 0.822612

00:38:33.318 --> 00:38:35.117 and lifestyle lifestyle in terms of diet,
NOTE Confidence: 0.822612

00:38:35.120 --> 00:38:37.559 diet sets you up for failure in terms of
NOTE Confidence: 0.822612

00:38:37.559 --> 00:38:40.065 doing it for a short period of time and
NOTE Confidence: 0.822612

00:38:40.065 --> 00:38:42.209 then falling off the wagon versus that.
NOTE Confidence: 0.822612

00:38:42.210 --> 00:38:44.376 Making lifestyle choices both before and
NOTE Confidence: 0.822612

00:38:44.376 --> 00:38:46.400 during your cancer treatment and after.
NOTE Confidence: 0.80046652

00:38:47.390 --> 00:38:50.437 Like that? How about the pattern? Right?
NOTE Confidence: 0.80046652

00:38:50.437 --> 00:38:53.020 And Dan, we are going to have a session
NOTE Confidence: 0.80046652

00:38:53.086 --> 00:38:55.498 in two Tuesdays on supplements and
NOTE Confidence: 0.80046652

00:38:55.498 --> 00:38:58.288 nutrition after cancer, so stay tuned
NOTE Confidence: 0.80046652

00:38:58.288 --> 00:39:01.970 if you have more questions about that.
NOTE Confidence: 0.80046652

00:39:01.970 --> 00:39:03.962 OK, let's see here.
NOTE Confidence: 0.80046652

00:39:03.962 --> 00:39:06.452 There have been some really
NOTE Confidence: 0.80046652

00:39:06.452 --> 00:39:08.729 interesting questions coming in.
NOTE Confidence: 0.80046652

00:39:08.730 --> 00:39:13.210 Janet or Kelly. I am six years post.
NOTE Confidence: 0.80046652

00:39:13.210 --> 00:39:16.096 Left Pneumonectomy I still need oxygen

NOTE Confidence: 0.80046652

00:39:16.096 --> 00:39:18.984 drain exertion, walking, stair climbing, etc.

NOTE Confidence: 0.80046652

00:39:18.984 --> 00:39:20.908 Otherwise I desat rapidly.

NOTE Confidence: 0.80046652

00:39:20.910 --> 00:39:24.318 Should I be concerned?

NOTE Confidence: 0.80046652

00:39:24.320 --> 00:39:25.560 He thoughts on that.

NOTE Confidence: 0.8611748

00:39:29.050 --> 00:39:30.550 You guys have much. I know,

NOTE Confidence: 0.8611748

00:39:30.550 --> 00:39:32.300 Kelly, I had heard you had done

NOTE Confidence: 0.8611748

00:39:32.300 --> 00:39:33.550 pulmonary rehab in the past,

NOTE Confidence: 0.8611748

00:39:33.550 --> 00:39:36.950 but maybe I'm putting you on the spot.

NOTE Confidence: 0.8611748

00:39:36.950 --> 00:39:39.370 For this question. No, that's

NOTE Confidence: 0.7814678

00:39:39.370 --> 00:39:42.072 OK. Most of the patients I do

NOTE Confidence: 0.7814678

00:39:42.072 --> 00:39:46.350 pulmonary rehab with our steel, PG or.

NOTE Confidence: 0.7814678

00:39:46.350 --> 00:39:47.583 Interstitial lung disease.

NOTE Confidence: 0.7814678

00:39:47.583 --> 00:39:51.620 Not as many lung cancer.

NOTE Confidence: 0.7814678

00:39:51.620 --> 00:39:55.498 But, you know, is this person exercising

NOTE Confidence: 0.7814678

00:39:55.498 --> 00:39:58.745 regularly in order to condition the

NOTE Confidence: 0.7814678

00:39:58.745 --> 00:40:02.224 heart and the lungs and the muscles?
NOTE Confidence: 0.7814678

00:40:02.230 --> 00:40:04.925 Have they had pulmonary function test to
NOTE Confidence: 0.7814678

00:40:04.925 --> 00:40:07.830 see if there's something else going on,
NOTE Confidence: 0.7814678

00:40:07.830 --> 00:40:11.124 requiring them to need oxygen while
NOTE Confidence: 0.7814678

00:40:11.124 --> 00:40:13.929 doing these activities would be my.
NOTE Confidence: 0.7814678

00:40:13.930 --> 00:40:17.110 Thoughts on that one? Yeah,
NOTE Confidence: 0.91398144

00:40:17.110 --> 00:40:19.558 I would agree with that. I think that.
NOTE Confidence: 0.89740705

00:40:21.760 --> 00:40:24.370 If the person has not had any formal
NOTE Confidence: 0.89740705

00:40:24.370 --> 00:40:26.880 exercise type of instruction or therapy,
NOTE Confidence: 0.89740705

00:40:26.880 --> 00:40:28.148 that would be helpful.
NOTE Confidence: 0.89740705

00:40:28.148 --> 00:40:31.358 I think a lot of people feel if they're
NOTE Confidence: 0.89740705

00:40:31.358 --> 00:40:33.836 getting short of breath with exertion,
NOTE Confidence: 0.89740705

00:40:33.840 --> 00:40:36.759 the solution is not to exert themselves
NOTE Confidence: 0.89740705

00:40:36.759 --> 00:40:39.909 as opposed to the understanding that.
NOTE Confidence: 0.89740705

00:40:39.910 --> 00:40:41.498 Endurance exercise will increase
NOTE Confidence: 0.89740705

00:40:41.498 --> 00:40:43.086 their tolerance to activity

NOTE Confidence: 0.89740705

00:40:43.086 --> 00:40:45.289 both by working on their heart,

NOTE Confidence: 0.89740705

00:40:45.290 --> 00:40:47.540 their long, but also helping their

NOTE Confidence: 0.89740705

00:40:47.540 --> 00:40:49.498 muscles be more efficient with

NOTE Confidence: 0.89740705

00:40:49.498 --> 00:40:51.428 the oxygen that they're getting.

NOTE Confidence: 0.85848457

00:40:54.260 --> 00:40:56.528 Thank you, and here's a good one.

NOTE Confidence: 0.85848457

00:40:56.530 --> 00:40:58.145 I bet Scott you could

NOTE Confidence: 0.85848457

00:40:58.145 --> 00:40:59.437 probably talk about this.

NOTE Confidence: 0.85848457

00:40:59.440 --> 00:41:01.390 I'm almost five years cancer free.

NOTE Confidence: 0.85848457

00:41:01.390 --> 00:41:03.413 I have a great deal of radiation

NOTE Confidence: 0.85848457

00:41:03.413 --> 00:41:05.074 damage after stage three breast

NOTE Confidence: 0.85848457

00:41:05.074 --> 00:41:06.899 and a double radical mastectomy.

NOTE Confidence: 0.85848457

00:41:06.900 --> 00:41:08.192 There's a hardening and

NOTE Confidence: 0.85848457

00:41:08.192 --> 00:41:09.807 stiffening which is quite painful.

NOTE Confidence: 0.85848457

00:41:09.810 --> 00:41:12.538 Do I work through the pain or possibly

NOTE Confidence: 0.85848457

00:41:12.538 --> 00:41:15.296 look towards an additional surgery to help?

NOTE Confidence: 0.85848457

00:41:15.300 --> 00:41:17.346 Anything upper body at the gym
NOTE Confidence: 0.85848457

00:41:17.346 --> 00:41:19.700 or even lifting to put dishes
NOTE Confidence: 0.85848457

00:41:19.700 --> 00:41:21.673 away hurts everything, pulls.
NOTE Confidence: 0.85848457

00:41:21.673 --> 00:41:25.140 Yeah, I hear this all the time in my clinic.
NOTE Confidence: 0.85848457

00:41:25.140 --> 00:41:27.135 Yeah, and I sent to you yes,
NOTE Confidence: 0.85848457

00:41:27.140 --> 00:41:27.710 yes you
NOTE Confidence: 0.7634898

00:41:27.710 --> 00:41:29.990 do Doctor Stanton and I'm grateful for that.
NOTE Confidence: 0.7634898

00:41:29.990 --> 00:41:31.887 Yeah, for this first person who wrote
NOTE Confidence: 0.7634898

00:41:31.887 --> 00:41:33.689 this question and first and foremost,
NOTE Confidence: 0.7634898

00:41:33.690 --> 00:41:38.250 I want to let you know that you're not alone.
NOTE Confidence: 0.7634898

00:41:38.250 --> 00:41:40.040 We're experiencing sounds like something
NOTE Confidence: 0.7634898

00:41:40.040 --> 00:41:42.330 that we call radiation fibrosis syndrome,
NOTE Confidence: 0.7634898

00:41:42.330 --> 00:41:45.194 which is kind of this long term side
NOTE Confidence: 0.7634898

00:41:45.194 --> 00:41:48.097 effects that we see is that it's this
NOTE Confidence: 0.7634898

00:41:48.097 --> 00:41:50.743 kind of gradual binding down of the
NOTE Confidence: 0.7634898

00:41:50.743 --> 00:41:53.459 connective tissue and just show the skin.

NOTE Confidence: 0.7634898

00:41:53.460 --> 00:41:55.036 But like that layer,

NOTE Confidence: 0.7634898

00:41:55.036 --> 00:41:56.612 connective tissue that's just

NOTE Confidence: 0.7634898

00:41:56.612 --> 00:41:58.659 below the level of the skin,

NOTE Confidence: 0.7634898

00:41:58.660 --> 00:42:00.880 and everything that you described is.

NOTE Confidence: 0.7634898

00:42:00.880 --> 00:42:01.734 You're right.

NOTE Confidence: 0.7634898

00:42:01.734 --> 00:42:03.869 Everything just feels tight and

NOTE Confidence: 0.7634898

00:42:03.869 --> 00:42:06.251 you just feel like you can't

NOTE Confidence: 0.7634898

00:42:06.251 --> 00:42:08.631 move that arm over your head an.

NOTE Confidence: 0.7634898

00:42:08.640 --> 00:42:10.840 What I would say to you is that

NOTE Confidence: 0.7634898

00:42:10.840 --> 00:42:12.648 we don't necessarily want you

NOTE Confidence: 0.7634898

00:42:12.648 --> 00:42:14.623 to push through the pain,

NOTE Confidence: 0.7634898

00:42:14.630 --> 00:42:16.628 'cause obviously it's it's not comfortable.

NOTE Confidence: 0.7634898

00:42:16.630 --> 00:42:18.766 You would want to get a referral from

NOTE Confidence: 0.7634898

00:42:18.766 --> 00:42:21.546 your from your college team to either a

NOTE Confidence: 0.7634898

00:42:21.546 --> 00:42:23.630 physical therapist or occupational therapist,

NOTE Confidence: 0.7634898

00:42:23.630 --> 00:42:26.465 because we can do a lot of manual therapy

NOTE Confidence: 0.7634898

00:42:26.465 --> 00:42:28.950 and actually get our hands on you.

NOTE Confidence: 0.7634898

00:42:28.950 --> 00:42:31.422 Just try to work some of that that

NOTE Confidence: 0.7634898

00:42:31.422 --> 00:42:34.087 scar tissue out of there and to try

NOTE Confidence: 0.7634898

00:42:34.087 --> 00:42:35.950 to loosen that connective tissue.

NOTE Confidence: 0.7634898

00:42:35.950 --> 00:42:39.190 1st, and that's a lot of what I see.

NOTE Confidence: 0.7634898

00:42:39.190 --> 00:42:40.590 In my outpatient clinic,

NOTE Confidence: 0.7634898

00:42:40.590 --> 00:42:43.390 I have to address the the the most,

NOTE Confidence: 0.7634898

00:42:43.390 --> 00:42:45.080 those muscular skeletal impairments first

NOTE Confidence: 0.7634898

00:42:45.080 --> 00:42:47.240 before we can address strength training.

NOTE Confidence: 0.7634898

00:42:47.240 --> 00:42:49.886 You can't go through a really good

NOTE Confidence: 0.7634898

00:42:49.886 --> 00:42:52.032 strength training program if your range

NOTE Confidence: 0.7634898

00:42:52.032 --> 00:42:54.237 of motion is limited in its painful,

NOTE Confidence: 0.7634898

00:42:54.240 --> 00:42:56.340 so will address that part first.

NOTE Confidence: 0.7634898

00:42:56.340 --> 00:42:58.090 You know the other thing.

NOTE Confidence: 0.7634898

00:42:58.090 --> 00:42:58.750 Everything again,

NOTE Confidence: 0.7634898

00:42:58.750 --> 00:43:00.730 Doctor Sam's team and you know

NOTE Confidence: 0.7634898

00:43:00.730 --> 00:43:02.640 you see this doctor Freeman.

NOTE Confidence: 0.7634898

00:43:02.640 --> 00:43:04.390 I know you see this.

NOTE Confidence: 0.7634898

00:43:04.390 --> 00:43:06.952 You know, you know if somebody develops

NOTE Confidence: 0.7634898

00:43:06.952 --> 00:43:09.259 the condition cord called cording we.

NOTE Confidence: 0.7634898

00:43:09.260 --> 00:43:11.717 Sometimes you get that that that tight

NOTE Confidence: 0.7634898

00:43:11.717 --> 00:43:14.780 band kind of rate here and so same thing.

NOTE Confidence: 0.7634898

00:43:14.780 --> 00:43:15.416 It's it's.

NOTE Confidence: 0.7634898

00:43:15.416 --> 00:43:18.580 It's hard to raise your arm and it's painful,

NOTE Confidence: 0.7634898

00:43:18.580 --> 00:43:21.541 and so we as a trained physician

NOTE Confidence: 0.7634898

00:43:21.541 --> 00:43:23.198 occupational therapist we can

NOTE Confidence: 0.7634898

00:43:23.198 --> 00:43:25.368 go in there and use our hands.

NOTE Confidence: 0.7634898

00:43:25.370 --> 00:43:27.578 To help loosen that up and there are

NOTE Confidence: 0.7634898

00:43:27.578 --> 00:43:29.301 some modalities that we can use to

NOTE Confidence: 0.7634898

00:43:29.301 --> 00:43:30.980 assist us with that and then once

NOTE Confidence: 0.7634898

00:43:30.980 --> 00:43:32.765 that gets loosened up and you get
NOTE Confidence: 0.7634898

00:43:32.765 --> 00:43:34.300 this range of motion OK, great,
NOTE Confidence: 0.7634898

00:43:34.300 --> 00:43:36.340 now that that's kind of been freed up.
NOTE Confidence: 0.7634898

00:43:36.340 --> 00:43:38.164 Now we can move ahead and we can
NOTE Confidence: 0.7634898

00:43:38.164 --> 00:43:39.909 do the next phase of things,
NOTE Confidence: 0.7634898

00:43:39.910 --> 00:43:41.180 which is the strength training.
NOTE Confidence: 0.8478407

00:43:47.700 --> 00:43:49.620 Yes, thank you so much Scott.
NOTE Confidence: 0.8478407

00:43:49.620 --> 00:43:52.164 There are so many good questions here and
NOTE Confidence: 0.8478407

00:43:52.164 --> 00:43:55.055 I know we're coming up on the hour soon.
NOTE Confidence: 0.8478407

00:43:55.060 --> 00:43:57.300 Maybe what we could do is talk a
NOTE Confidence: 0.8478407

00:43:57.300 --> 00:43:59.341 little bit about these issues that
NOTE Confidence: 0.8478407

00:43:59.341 --> 00:44:01.453 affect the hands and the feet.
NOTE Confidence: 0.8478407

00:44:01.460 --> 00:44:04.076 So I'll read the neuropathy one and then
NOTE Confidence: 0.8478407

00:44:04.076 --> 00:44:06.634 I'm also going to piggyback that into
NOTE Confidence: 0.8478407

00:44:06.634 --> 00:44:09.139 the hand Foot syndrome one and then.
NOTE Confidence: 0.8478407

00:44:09.140 --> 00:44:11.840 So any any of you who feel like you

NOTE Confidence: 0.8478407

00:44:11.840 --> 00:44:14.918 can come in on this please happen here,

NOTE Confidence: 0.8478407

00:44:14.920 --> 00:44:17.181 but here is what one listener wrote

NOTE Confidence: 0.8478407

00:44:17.181 --> 00:44:19.268 neuropathy in my feet impairs my

NOTE Confidence: 0.8478407

00:44:19.268 --> 00:44:21.380 ability to balance and walk safely.

NOTE Confidence: 0.8478407

00:44:21.380 --> 00:44:23.942 I'm 74 and have severe Bursitis and

NOTE Confidence: 0.8478407

00:44:23.942 --> 00:44:25.913 tendonitis which developed after COVID

NOTE Confidence: 0.8478407

00:44:25.913 --> 00:44:28.349 ended aquatic therapy prescribed at SMILOW.

NOTE Confidence: 0.8478407

00:44:28.350 --> 00:44:31.662 I have had PT for this since last August.

NOTE Confidence: 0.8478407

00:44:31.670 --> 00:44:34.302 It developed when I tried to do normal

NOTE Confidence: 0.8478407

00:44:34.302 --> 00:44:36.100 gardening and landscaping work.

NOTE Confidence: 0.8478407

00:44:36.100 --> 00:44:36.836 Everyone PT,

NOTE Confidence: 0.8478407

00:44:36.836 --> 00:44:39.044 an orthopedic doctor says pool only.

NOTE Confidence: 0.8478407

00:44:39.050 --> 00:44:41.696 How does that square with recommendations

NOTE Confidence: 0.8478407

00:44:41.696 --> 00:44:44.590 for cardio and resistance recommendations?

NOTE Confidence: 0.8478407

00:44:44.590 --> 00:44:46.798 And then the piggy back to that is

NOTE Confidence: 0.8478407

00:44:46.798 --> 00:44:48.427 suggestions for exercise with hand
NOTE Confidence: 0.8478407

00:44:48.427 --> 00:44:50.362 and foot syndrome. Dude is aloda.
NOTE Confidence: 0.8478407

00:44:50.362 --> 00:44:52.490 I know there are two different things,
NOTE Confidence: 0.8478407

00:44:52.490 --> 00:44:54.610 but we have a lot of questions so
NOTE Confidence: 0.8478407

00:44:54.610 --> 00:44:56.586 hopefully just trying to get as
NOTE Confidence: 0.8478407

00:44:56.586 --> 00:44:57.970 many people's questions answered.
NOTE Confidence: 0.8390601

00:45:01.010 --> 00:45:02.198 Well, I'll I'll start and then
NOTE Confidence: 0.8390601

00:45:02.198 --> 00:45:03.350 I don't know Doctor Freeman.
NOTE Confidence: 0.8390601

00:45:03.350 --> 00:45:05.054 If you want to jump in on that,
NOTE Confidence: 0.8390601

00:45:05.060 --> 00:45:07.308 you know from the.
NOTE Confidence: 0.8390601

00:45:07.310 --> 00:45:09.361 You're right, you know I we did
NOTE Confidence: 0.8390601

00:45:09.361 --> 00:45:10.922 send allowed people to aquatic
NOTE Confidence: 0.8390601

00:45:10.922 --> 00:45:12.776 therapy when that was an option,
NOTE Confidence: 0.8390601

00:45:12.780 --> 00:45:15.188 and I know that that is not an
NOTE Confidence: 0.8390601

00:45:15.188 --> 00:45:17.037 option for a lot of people.
NOTE Confidence: 0.8390601

00:45:17.040 --> 00:45:20.080 Now as far as as far as the neuropathy goes,

NOTE Confidence: 0.8390601

00:45:20.080 --> 00:45:22.208 you know my my approach has been,

NOTE Confidence: 0.8390601

00:45:22.210 --> 00:45:24.121 you know, kind of a multi pronged

NOTE Confidence: 0.8390601

00:45:24.121 --> 00:45:25.849 approach to to the neuropathy.

NOTE Confidence: 0.8390601

00:45:25.850 --> 00:45:27.674 You have to address this the

NOTE Confidence: 0.8390601

00:45:27.674 --> 00:45:28.890 sensory aspect of things.

NOTE Confidence: 0.8390601

00:45:28.890 --> 00:45:31.263 You have to work on the strengthening

NOTE Confidence: 0.8390601

00:45:31.263 --> 00:45:33.403 aspect of things and you have to

NOTE Confidence: 0.8390601

00:45:33.403 --> 00:45:35.364 work on the on the balance and

NOTE Confidence: 0.8390601

00:45:35.364 --> 00:45:37.248 So what a typical session with.

NOTE Confidence: 0.8390601

00:45:37.250 --> 00:45:38.996 With story that I'm working with,

NOTE Confidence: 0.8390601

00:45:39.000 --> 00:45:40.560 you has dropped the end and

NOTE Confidence: 0.8390601

00:45:40.560 --> 00:45:42.329 I probably had three or four

NOTE Confidence: 0.8390601

00:45:42.329 --> 00:45:43.665 individuals just today alone,

NOTE Confidence: 0.8390601

00:45:43.670 --> 00:45:46.006 but this is what we were working on.

NOTE Confidence: 0.8390601

00:45:46.010 --> 00:45:48.117 I have them take their shoes off

NOTE Confidence: 0.8390601

00:45:48.117 --> 00:45:50.637 and we get on an uneven surface

NOTE Confidence: 0.8390601

00:45:50.637 --> 00:45:52.947 and we're practicing sit to stands

NOTE Confidence: 0.8390601

00:45:53.025 --> 00:45:55.265 on that to work on leg strength.

NOTE Confidence: 0.8390601

00:45:55.270 --> 00:45:57.440 Usually we have a small vibra Tori

NOTE Confidence: 0.8390601

00:45:57.440 --> 00:45:59.412 device at our clinic that will

NOTE Confidence: 0.8390601

00:45:59.412 --> 00:46:01.673 use that vibra Tori device to try

NOTE Confidence: 0.8390601

00:46:01.745 --> 00:46:02.909 to help stimulate,

NOTE Confidence: 0.8390601

00:46:02.910 --> 00:46:04.575 give that deep pressure sensation

NOTE Confidence: 0.8390601

00:46:04.575 --> 00:46:06.876 to the to the toes inside the

NOTE Confidence: 0.8390601

00:46:06.876 --> 00:46:09.132 bottom of the feet to try to help

NOTE Confidence: 0.8390601

00:46:09.201 --> 00:46:10.869 with that sensation there.

NOTE Confidence: 0.8390601

00:46:10.870 --> 00:46:12.610 I know our occupational therapy

NOTE Confidence: 0.8390601

00:46:12.610 --> 00:46:15.152 colleagues have a lot of training when

NOTE Confidence: 0.8390601

00:46:15.152 --> 00:46:16.987 it comes to sensory reintegration

NOTE Confidence: 0.8390601

00:46:16.987 --> 00:46:19.755 and so I'll tap into them a lot for

NOTE Confidence: 0.8390601

00:46:19.755 --> 00:46:21.826 their mom for their thoughts as well.

NOTE Confidence: 0.8390601

00:46:21.826 --> 00:46:22.490 And again,

NOTE Confidence: 0.8390601

00:46:22.490 --> 00:46:25.218 a lot of a lot of hip strengthening.

NOTE Confidence: 0.8390601

00:46:25.220 --> 00:46:26.906 For strengthening your we want to

NOTE Confidence: 0.8390601

00:46:26.906 --> 00:46:28.381 make sure that we're preventing

NOTE Confidence: 0.8390601

00:46:28.381 --> 00:46:30.157 any any increased risk of falls

NOTE Confidence: 0.8390601

00:46:30.157 --> 00:46:31.938 when you can't steal your feet,

NOTE Confidence: 0.8390601

00:46:31.940 --> 00:46:34.052 and then as far as like the precise

NOTE Confidence: 0.8390601

00:46:34.052 --> 00:46:36.320 is go like those we can address.

NOTE Confidence: 0.8390601

00:46:36.320 --> 00:46:36.970 You know,

NOTE Confidence: 0.8390601

00:46:36.970 --> 00:46:38.920 kind of like our classic physical

NOTE Confidence: 0.8390601

00:46:38.920 --> 00:46:40.130 therapy interventions with you

NOTE Confidence: 0.8390601

00:46:40.130 --> 00:46:41.660 know with modalities with ice and

NOTE Confidence: 0.8390601

00:46:41.660 --> 00:46:43.320 heat and those kinds of things.

NOTE Confidence: 0.8390601

00:46:43.320 --> 00:46:45.078 But when it comes to rapidly,

NOTE Confidence: 0.8390601

00:46:45.080 --> 00:46:47.054 you know it's it's not just one

NOTE Confidence: 0.8390601

00:46:47.054 --> 00:46:48.555 not one treatment modality that
NOTE Confidence: 0.8390601

00:46:48.555 --> 00:46:50.325 we're going to have to use.
NOTE Confidence: 0.8390601

00:46:50.330 --> 00:46:52.522 We're going to have to use a lot
NOTE Confidence: 0.8390601

00:46:52.522 --> 00:46:54.418 of different tools in our toolbox,
NOTE Confidence: 0.8390601

00:46:54.420 --> 00:46:57.048 so to speak, to be able to address that.
NOTE Confidence: 0.91890883

00:47:00.310 --> 00:47:04.278 Thank you. OK. Let's see here.
NOTE Confidence: 0.91890883

00:47:04.278 --> 00:47:06.206 There's one specific this
NOTE Confidence: 0.91890883

00:47:06.206 --> 00:47:08.109 question is for Kelly.
NOTE Confidence: 0.91890883

00:47:08.110 --> 00:47:09.694 If we are interested in beginning
NOTE Confidence: 0.91890883

00:47:09.694 --> 00:47:11.250 an exercise program after treatment,
NOTE Confidence: 0.91890883

00:47:11.250 --> 00:47:12.588 how can we get an appointment
NOTE Confidence: 0.91890883

00:47:12.588 --> 00:47:14.329 with you if we weren't initially
NOTE Confidence: 0.91890883

00:47:14.329 --> 00:47:15.517 treated in Greenwich?
NOTE Confidence: 0.91890883

00:47:15.520 --> 00:47:16.346 Thank you.
NOTE Confidence: 0.91890883

00:47:16.346 --> 00:47:17.998 This is really interesting.
NOTE Confidence: 0.91890883

00:47:18.000 --> 00:47:18.868 You have a fan.

NOTE Confidence: 0.8835064

00:47:20.820 --> 00:47:22.885 So Doctor Freeman can probably

NOTE Confidence: 0.8835064

00:47:22.885 --> 00:47:25.620 help me with this a little.

NOTE Confidence: 0.8835064

00:47:25.620 --> 00:47:28.230 So originally the program started out.

NOTE Confidence: 0.8835064

00:47:28.230 --> 00:47:30.438 I've been at Greenwich 15 years

NOTE Confidence: 0.8835064

00:47:30.438 --> 00:47:32.944 and there was a grant provided

NOTE Confidence: 0.8835064

00:47:32.944 --> 00:47:35.806 for breast cancer patients for our

NOTE Confidence: 0.8835064

00:47:35.806 --> 00:47:38.630 three month free program to breast

NOTE Confidence: 0.8835064

00:47:38.630 --> 00:47:41.306 cancer patients who have had their

NOTE Confidence: 0.8835064

00:47:41.310 --> 00:47:43.926 treatment at Greenwich Hospital and it

NOTE Confidence: 0.8835064

00:47:43.926 --> 00:47:45.670 encompasses the cardiovascular exercise,

NOTE Confidence: 0.8835064

00:47:45.670 --> 00:47:48.245 the personal training sessions as

NOTE Confidence: 0.8835064

00:47:48.245 --> 00:47:50.681 well as nutrition counseling. So.

NOTE Confidence: 0.8835064

00:47:50.681 --> 00:47:53.649 It there is no more grant but the

NOTE Confidence: 0.8835064

00:47:53.649 --> 00:47:55.560 hospital administration has wanted

NOTE Confidence: 0.8835064

00:47:55.560 --> 00:47:58.464 to keep it going because it's

NOTE Confidence: 0.8835064

00:47:58.464 --> 00:48:00.330 such a great program.
NOTE Confidence: 0.8835064

00:48:00.330 --> 00:48:02.856 So what normally happens is the
NOTE Confidence: 0.8835064

00:48:02.856 --> 00:48:05.050 patient sees Doctor Friedman usually
NOTE Confidence: 0.8835064

00:48:05.050 --> 00:48:07.225 and sometimes our other physciatrist
NOTE Confidence: 0.8835064

00:48:07.225 --> 00:48:10.248 Dr Grant prior to coming in in order
NOTE Confidence: 0.8835064

00:48:10.248 --> 00:48:12.842 to rule out any of those issues that
NOTE Confidence: 0.8835064

00:48:12.842 --> 00:48:14.797 Scott was talking about earlier.
NOTE Confidence: 0.8835064

00:48:14.800 --> 00:48:18.440 With, you know the courting or the.
NOTE Confidence: 0.8835064

00:48:18.440 --> 00:48:21.016 I forget the name of it was that
NOTE Confidence: 0.8835064

00:48:21.016 --> 00:48:22.360 the radiation fibrosis?
NOTE Confidence: 0.8835064

00:48:22.360 --> 00:48:23.888 Yes, anything like that.
NOTE Confidence: 0.8835064

00:48:23.888 --> 00:48:26.180 Any musculoskeletal issue that needs PT
NOTE Confidence: 0.8835064

00:48:26.248 --> 00:48:28.760 or OT first Doctor Friedman will see them,
NOTE Confidence: 0.8835064

00:48:28.760 --> 00:48:31.608 and then she'll refer them on to me.
NOTE Confidence: 0.8835064

00:48:31.610 --> 00:48:32.364 You know,
NOTE Confidence: 0.8835064

00:48:32.364 --> 00:48:35.380 this person is going to be ready after

NOTE Confidence: 0.8835064

00:48:35.467 --> 00:48:38.374 PT on May 29th or whatever it may be,

NOTE Confidence: 0.8835064

00:48:38.380 --> 00:48:40.510 so that's typically how it works.

NOTE Confidence: 0.8835064

00:48:40.510 --> 00:48:42.528 It's a free, it's a gift.

NOTE Confidence: 0.8835064

00:48:42.528 --> 00:48:45.601 It's a free three month gift now as far

NOTE Confidence: 0.8835064

00:48:45.601 --> 00:48:48.338 as not being treated at Greenwich Hospital,

NOTE Confidence: 0.8835064

00:48:48.340 --> 00:48:51.168 that would be something that I think

NOTE Confidence: 0.8835064

00:48:51.168 --> 00:48:54.500 we at the hospital could talk to.

NOTE Confidence: 0.8835064

00:48:54.500 --> 00:48:57.685 Our director of the program about how.

NOTE Confidence: 0.8835064

00:48:57.690 --> 00:48:59.994 You know he wants to go about it,

NOTE Confidence: 0.8835064

00:49:00.000 --> 00:49:01.152 whether they're treated somewhere

NOTE Confidence: 0.8835064

00:49:01.152 --> 00:49:02.304 in the Yale system.

NOTE Confidence: 0.8835064

00:49:02.310 --> 00:49:04.935 If that's OK, because at this point.

NOTE Confidence: 0.8835064

00:49:04.940 --> 00:49:07.148 That program is breast cancer only,

NOTE Confidence: 0.8835064

00:49:07.150 --> 00:49:09.358 and it's a three month gift,

NOTE Confidence: 0.8835064

00:49:09.360 --> 00:49:12.663 but we can see a patient who has cancer.

NOTE Confidence: 0.8835064

00:49:12.670 --> 00:49:15.701 We have a medical fitness program and
NOTE Confidence: 0.8835064

00:49:15.701 --> 00:49:18.676 the person just does have to pay out
NOTE Confidence: 0.8835064

00:49:18.676 --> 00:49:21.697 of pocket of a fee and then we can
NOTE Confidence: 0.8835064

00:49:21.697 --> 00:49:24.444 still do all of the tests and work
NOTE Confidence: 0.8835064

00:49:24.444 --> 00:49:26.646 you through a program for exercise.
NOTE Confidence: 0.8835064

00:49:26.650 --> 00:49:29.530 And we have people you know that have
NOTE Confidence: 0.8835064

00:49:29.530 --> 00:49:32.359 come undone that not quite as many as
NOTE Confidence: 0.8835064

00:49:32.359 --> 00:49:37.100 in the breast cancer program, but we do get.
NOTE Confidence: 0.8835064

00:49:37.100 --> 00:49:37.780 Some.
NOTE Confidence: 0.8835064

00:49:37.780 --> 00:49:39.168 Does that help at
NOTE Confidence: 0.87629855

00:49:39.170 --> 00:49:41.903 all? Yes, thank you Ann. You know Stacy.
NOTE Confidence: 0.87629855

00:49:41.903 --> 00:49:44.655 Maybe you can chime in here too because
NOTE Confidence: 0.87629855

00:49:44.655 --> 00:49:47.527 there had been a question in the chat
NOTE Confidence: 0.87629855

00:49:47.527 --> 00:49:49.654 about exercise places that are free
NOTE Confidence: 0.87629855

00:49:49.654 --> 00:49:52.391 or low cost and so I'm hearing that
NOTE Confidence: 0.87629855

00:49:52.391 --> 00:49:54.473 there are some resources at Greenwich.

NOTE Confidence: 0.87629855

00:49:54.480 --> 00:49:56.295 Of course, anyone needing physical

NOTE Confidence: 0.87629855

00:49:56.295 --> 00:49:58.110 therapy or occupational therapy should

NOTE Confidence: 0.87629855

00:49:58.160 --> 00:50:00.050 ask for referral from your oncologist.

NOTE Confidence: 0.87629855

00:50:00.050 --> 00:50:02.540 We also have a multidisciplinary

NOTE Confidence: 0.87629855

00:50:02.540 --> 00:50:05.030 clinic where you could get.

NOTE Confidence: 0.87629855

00:50:05.030 --> 00:50:06.650 Medical type visit with some

NOTE Confidence: 0.87629855

00:50:06.650 --> 00:50:07.946 exercise information embedded in

NOTE Confidence: 0.87629855

00:50:07.946 --> 00:50:09.730 there with Scott Capozza but Stacy,

NOTE Confidence: 0.87629855

00:50:09.730 --> 00:50:11.788 what tell us a little bit about

NOTE Confidence: 0.87629855

00:50:11.788 --> 00:50:13.712 what you're what you tell your

NOTE Confidence: 0.87629855

00:50:13.712 --> 00:50:15.337 patients out in Waterbury when

NOTE Confidence: 0.87629855

00:50:15.337 --> 00:50:18.860 they ask about low cost programs.

NOTE Confidence: 0.87629855

00:50:18.860 --> 00:50:20.454 So most often we refer to

NOTE Confidence: 0.87629855

00:50:20.454 --> 00:50:21.255 the LIVESTRONG program.

NOTE Confidence: 0.87629855

00:50:21.255 --> 00:50:22.050 I think you

NOTE Confidence: 0.8490156

00:50:22.050 --> 00:50:23.380 can actually find those across
NOTE Confidence: 0.8490156

00:50:23.380 --> 00:50:24.710 the state in most YMCA's,
NOTE Confidence: 0.8490156

00:50:24.710 --> 00:50:26.306 a lot of them shut down
NOTE Confidence: 0.8490156

00:50:26.306 --> 00:50:27.104 during kovid unfortunately,
NOTE Confidence: 0.8490156

00:50:27.110 --> 00:50:28.832 but I think the one in Waterbury
NOTE Confidence: 0.8490156

00:50:28.832 --> 00:50:30.105 I'd heard recently was starting
NOTE Confidence: 0.8490156

00:50:30.105 --> 00:50:31.792 to open back up here to patient
NOTE Confidence: 0.8490156

00:50:31.792 --> 00:50:33.488 about that mentioned that recently,
NOTE Confidence: 0.8490156

00:50:33.490 --> 00:50:35.191 so that's exciting for people to be
NOTE Confidence: 0.8490156

00:50:35.191 --> 00:50:37.372 able to get back in there and work
NOTE Confidence: 0.8490156

00:50:37.372 --> 00:50:38.767 with someone who actually knows
NOTE Confidence: 0.8490156

00:50:38.827 --> 00:50:40.411 what they're talking about and can
NOTE Confidence: 0.8490156

00:50:40.411 --> 00:50:42.000 teach you how to safely exercise
NOTE Confidence: 0.8490156

00:50:42.000 --> 00:50:43.855 and kind of get back into things.
NOTE Confidence: 0.8490156

00:50:43.860 --> 00:50:45.456 Obviously taking into mind safety first,
NOTE Confidence: 0.8490156

00:50:45.460 --> 00:50:47.038 so asking your medical provider who

NOTE Confidence: 0.8490156

00:50:47.038 --> 00:50:48.390 knows your medical history first,

NOTE Confidence: 0.8490156

00:50:48.390 --> 00:50:50.966 whether or not that's safe or recommended.

NOTE Confidence: 0.8490156

00:50:50.970 --> 00:50:52.445 Scott had also recently introduced

NOTE Confidence: 0.8490156

00:50:52.445 --> 00:50:54.816 me to a program run by the Quinnipiac

NOTE Confidence: 0.8490156

00:50:54.816 --> 00:50:56.298 University students, which is virtual,

NOTE Confidence: 0.8490156

00:50:56.300 --> 00:50:58.668 and he can definitely speak more about that.

NOTE Confidence: 0.8490156

00:50:58.670 --> 00:51:00.150 It sounded really interesting so.

NOTE Confidence: 0.8131824

00:51:01.630 --> 00:51:04.070 Want to say something about that? Scott,

NOTE Confidence: 0.8131824

00:51:04.070 --> 00:51:05.129 yeah, there's a.

NOTE Confidence: 0.8131824

00:51:05.129 --> 00:51:07.247 There's a group of physical therapy

NOTE Confidence: 0.8131824

00:51:07.247 --> 00:51:09.629 students at Quinnipiac University if I can.

NOTE Confidence: 0.8131824

00:51:09.630 --> 00:51:13.068 If I can find the flyer, I will try again.

NOTE Confidence: 0.8131824

00:51:13.068 --> 00:51:15.526 Try again to try to post it

NOTE Confidence: 0.8131824

00:51:15.526 --> 00:51:16.938 into the chat here.

NOTE Confidence: 0.8131824

00:51:16.940 --> 00:51:19.142 They are offering a virtual exercise

NOTE Confidence: 0.8131824

00:51:19.142 --> 00:51:21.386 class for any cancer survivor that
NOTE Confidence: 0.8131824

00:51:21.386 --> 00:51:23.864 will be starting later this summer and
NOTE Confidence: 0.8131824

00:51:23.864 --> 00:51:26.759 so it will be run by the students but
NOTE Confidence: 0.8131824

00:51:26.759 --> 00:51:28.856 supervised by me in their professors.
NOTE Confidence: 0.8131824

00:51:28.856 --> 00:51:32.119 So we're pretty excited to to offer that to.
NOTE Confidence: 0.8131824

00:51:32.120 --> 00:51:34.110 Danny survivor in the state.
NOTE Confidence: 0.884025986206897

00:51:35.810 --> 00:51:38.141 A great program. And we should just
NOTE Confidence: 0.884025986206897

00:51:38.141 --> 00:51:40.249 clarify that we define any survivor
NOTE Confidence: 0.884025986206897

00:51:40.249 --> 00:51:42.671 as having had a history of cancer
NOTE Confidence: 0.884025986206897

00:51:42.742 --> 00:51:44.812 starting from diagnosis through the
NOTE Confidence: 0.884025986206897

00:51:44.812 --> 00:51:47.481 balance of your life, and that had
NOTE Confidence: 0.884025986206897

00:51:47.481 --> 00:51:49.840 been a question in the chat before.
NOTE Confidence: 0.8669711

00:51:52.040 --> 00:51:54.452 Here's a one last we have about 2 minutes
NOTE Confidence: 0.8669711

00:51:54.452 --> 00:51:56.587 left before will start closing here,
NOTE Confidence: 0.8669711

00:51:56.590 --> 00:51:58.920 but I am a 71 year old into my fifth
NOTE Confidence: 0.8669711

00:51:58.990 --> 00:52:01.130 year of prostate cancer survival.

NOTE Confidence: 0.8669711

00:52:01.130 --> 00:52:02.650 My testosterone level has been

NOTE Confidence: 0.8669711

00:52:02.650 --> 00:52:04.805 below normal and I had a compression

NOTE Confidence: 0.8669711

00:52:04.805 --> 00:52:06.814 fracture at the T5 or seven level

NOTE Confidence: 0.8669711

00:52:06.814 --> 00:52:08.710 of my spine this past January.

NOTE Confidence: 0.8669711

00:52:08.710 --> 00:52:11.126 I have no pain emanating from the fracture.

NOTE Confidence: 0.8669711

00:52:11.130 --> 00:52:14.928 Should I forget about strength training?

NOTE Confidence: 0.8669711

00:52:14.930 --> 00:52:17.760 I swim or walk six or seven days per week.

NOTE Confidence: 0.8669711

00:52:17.760 --> 00:52:18.330 Sounds great.

NOTE Confidence: 0.903782

00:52:20.430 --> 00:52:22.740 Anybody have any thoughts on on

NOTE Confidence: 0.903782

00:52:22.740 --> 00:52:24.851 this gentleman with a history

NOTE Confidence: 0.903782

00:52:24.851 --> 00:52:27.220 of a compression fracture? I'm,

NOTE Confidence: 0.8660872

00:52:27.220 --> 00:52:29.929 I think it's Scott's got said earlier.

NOTE Confidence: 0.8660872

00:52:29.930 --> 00:52:32.258 These people, people with any type

NOTE Confidence: 0.8660872

00:52:32.258 --> 00:52:34.447 of bone Mets, certainly can exercise.

NOTE Confidence: 0.8660872

00:52:34.447 --> 00:52:38.208 They just need to be doing it to begin with

NOTE Confidence: 0.8660872

00:52:38.208 --> 00:52:40.408 under supervision and gradually increase.

NOTE Confidence: 0.8660872

00:52:40.410 --> 00:52:41.882 And certainly there's not.

NOTE Confidence: 0.8660872

00:52:41.882 --> 00:52:44.090 I don't believe a reason not

NOTE Confidence: 0.8660872

00:52:44.164 --> 00:52:45.840 to resume other exercise.

NOTE Confidence: 0.8660872

00:52:45.840 --> 00:52:47.256 Aquatic exercise is great.

NOTE Confidence: 0.8660872

00:52:47.256 --> 00:52:50.499 It does not give you any gravity really.

NOTE Confidence: 0.8660872

00:52:50.500 --> 00:52:52.440 So you're not strengthening bones.

NOTE Confidence: 0.8660872

00:52:52.440 --> 00:52:55.149 But you certainly can do a lot.

NOTE Confidence: 0.8660872

00:52:55.150 --> 00:52:57.592 You can do a lot of

NOTE Confidence: 0.8660872

00:52:57.592 --> 00:52:59.760 strengthening in the water with.

NOTE Confidence: 0.8660872

00:52:59.760 --> 00:53:01.758 The Styrofoam noodles and things like

NOTE Confidence: 0.8660872

00:53:01.758 --> 00:53:04.149 that to give you some resistance,

NOTE Confidence: 0.8660872

00:53:04.150 --> 00:53:07.214 but then you can also begin a supervised

NOTE Confidence: 0.8660872

00:53:07.214 --> 00:53:08.539 strengthening program on land.

NOTE Confidence: 0.86010164

00:53:10.150 --> 00:53:12.850 Great, thank you.

NOTE Confidence: 0.86010164

00:53:12.850 --> 00:53:15.208 OK, and then let me go up 'cause there

NOTE Confidence: 0.86010164

00:53:15.208 --> 00:53:17.418 had been a kind of an initial one,

NOTE Confidence: 0.86010164

00:53:17.420 --> 00:53:21.124 an maybe Kelly. You can comment on this.

NOTE Confidence: 0.86010164

00:53:21.130 --> 00:53:24.154 I'm 59 now, but was diagnosed with

NOTE Confidence: 0.86010164

00:53:24.154 --> 00:53:26.560 mantle cell lymphoma in late 2018.

NOTE Confidence: 0.86010164

00:53:26.560 --> 00:53:28.510 After localized radiation in 2019

NOTE Confidence: 0.86010164

00:53:28.510 --> 00:53:30.985 and then six months of chemotherapy

NOTE Confidence: 0.86010164

00:53:30.985 --> 00:53:33.250 in 2020 with good results.

NOTE Confidence: 0.86010164

00:53:33.250 --> 00:53:33.743 Unfortunately,

NOTE Confidence: 0.86010164

00:53:33.743 --> 00:53:36.208 I sadly contracted COVID-19 and

NOTE Confidence: 0.86010164

00:53:36.208 --> 00:53:39.129 symptoms lingered for six months and

NOTE Confidence: 0.86010164

00:53:39.129 --> 00:53:41.329 lead to interstitial lung disease.

NOTE Confidence: 0.86010164

00:53:41.330 --> 00:53:42.774 Sorry to read this.

NOTE Confidence: 0.86010164

00:53:42.774 --> 00:53:44.579 Putting aside the covered component

NOTE Confidence: 0.86010164

00:53:44.579 --> 00:53:46.983 for a moment for those of us still

NOTE Confidence: 0.86010164

00:53:46.983 --> 00:53:48.749 competing in an aerobic sport.

NOTE Confidence: 0.86010164

00:53:48.750 --> 00:53:49.653 Running, cycling, rowing.
NOTE Confidence: 0.86010164

00:53:49.653 --> 00:53:51.459 Is it reasonable to expect the
NOTE Confidence: 0.86010164

00:53:51.459 --> 00:53:53.146 body to recover back to the same
NOTE Confidence: 0.86010164

00:53:53.146 --> 00:53:54.630 level as prior to treatments?
NOTE Confidence: 0.86010164

00:53:54.630 --> 00:53:56.910 If So what is the reasonable time frame
NOTE Confidence: 0.86010164

00:53:56.910 --> 00:53:59.397 to set on those expectations so this?
NOTE Confidence: 0.86010164

00:53:59.400 --> 00:54:01.810 Writer had.
NOTE Confidence: 0.86010164

00:54:01.810 --> 00:54:03.810 Not only lymphoma, radiation,
NOTE Confidence: 0.86010164

00:54:03.810 --> 00:54:04.310 chemotherapy,
NOTE Confidence: 0.86010164

00:54:04.310 --> 00:54:08.072 also then COVID and some long
NOTE Confidence: 0.86010164

00:54:08.072 --> 00:54:10.580 consequences from that so.
NOTE Confidence: 0.86010164

00:54:10.580 --> 00:54:14.790 Kelly, with your vast experience.
NOTE Confidence: 0.86010164

00:54:14.790 --> 00:54:15.918 There's a lot there.
NOTE Confidence: 0.86010164

00:54:15.918 --> 00:54:17.980 How do you unpack some of this?
NOTE Confidence: 0.86010164

00:54:17.980 --> 00:54:19.430 What should this person expect?
NOTE Confidence: 0.9087978

00:54:20.980 --> 00:54:21.390 You know?

NOTE Confidence: 0.9068901

00:54:24.110 --> 00:54:27.860 For me to say at this point we still have.

NOTE Confidence: 0.9068901

00:54:27.860 --> 00:54:30.184 We have a couple of people right

NOTE Confidence: 0.9068901

00:54:30.184 --> 00:54:32.593 now post COVID that were both in

NOTE Confidence: 0.9068901

00:54:32.593 --> 00:54:35.950 the hospital a long, long time.

NOTE Confidence: 0.9068901

00:54:35.950 --> 00:54:38.260 One of them does wear oxygen,

NOTE Confidence: 0.9068901

00:54:38.260 --> 00:54:40.190 the other one does not,

NOTE Confidence: 0.9068901

00:54:40.190 --> 00:54:42.902 but she was desaturating in the

NOTE Confidence: 0.9068901

00:54:42.902 --> 00:54:45.870 beginning and now she's doing better.

NOTE Confidence: 0.9068901

00:54:45.870 --> 00:54:47.784 We've had them.

NOTE Confidence: 0.9068901

00:54:47.784 --> 00:54:52.250 We've had them for several months now.

NOTE Confidence: 0.9068901

00:54:52.250 --> 00:54:55.106 And they're still working themselves back up.

NOTE Confidence: 0.9068901

00:54:55.110 --> 00:54:59.200 I think it's going to take a lot of time.

NOTE Confidence: 0.9068901

00:54:59.200 --> 00:55:01.594 Unfortunately, I I don't know how

NOTE Confidence: 0.9068901

00:55:01.594 --> 00:55:04.519 much time I'll be honest with you,

NOTE Confidence: 0.9068901

00:55:04.520 --> 00:55:05.750 especially given unfortunately,

NOTE Confidence: 0.9068901

00:55:05.750 --> 00:55:08.206 the diagnosis, the cancer diagnosis and
NOTE Confidence: 0.9068901

00:55:08.206 --> 00:55:11.101 treatment prior to the COVID diagnosis, but.
NOTE Confidence: 0.9068901

00:55:11.101 --> 00:55:15.124 I think you said the age was 59, right?
NOTE Confidence: 0.9068901

00:55:15.124 --> 00:55:20.260 So I think that you have age on your side.
NOTE Confidence: 0.9068901

00:55:20.260 --> 00:55:22.792 That you're able to and you
NOTE Confidence: 0.9068901

00:55:22.792 --> 00:55:24.480 were an exerciser prior.
NOTE Confidence: 0.9068901

00:55:24.480 --> 00:55:26.420 And that's also very helpful.
NOTE Confidence: 0.9068901

00:55:26.420 --> 00:55:28.355 'cause your body doesn't forget
NOTE Confidence: 0.9068901

00:55:28.355 --> 00:55:30.290 that you have exercised before.
NOTE Confidence: 0.9068901

00:55:30.290 --> 00:55:32.691 So I think if you just continually
NOTE Confidence: 0.9068901

00:55:32.691 --> 00:55:35.296 are doing moderate exercise an in a
NOTE Confidence: 0.9068901

00:55:35.296 --> 00:55:37.176 monitored setting or a supervised
NOTE Confidence: 0.9068901

00:55:37.176 --> 00:55:39.331 setting where you're watching your
NOTE Confidence: 0.9068901

00:55:39.331 --> 00:55:41.899 heart rate in your oxygen saturation's,
NOTE Confidence: 0.9068901

00:55:41.900 --> 00:55:44.216 that would be beneficial for you.
NOTE Confidence: 0.9068901

00:55:44.220 --> 00:55:47.055 'cause then you know and just continually

NOTE Confidence: 0.9068901

00:55:47.055 --> 00:55:50.405 just as regular as you can make the exercise.

NOTE Confidence: 0.9068901

00:55:50.410 --> 00:55:52.340 If you can get there.

NOTE Confidence: 0.9068901

00:55:52.340 --> 00:55:55.448 The three days a week or even.

NOTE Confidence: 0.9068901

00:55:55.450 --> 00:55:57.312 If you're able to do four to

NOTE Confidence: 0.9068901

00:55:57.312 --> 00:55:58.510 five days a week,

NOTE Confidence: 0.9068901

00:55:58.510 --> 00:56:01.570 I think you will be able to get back to it,

NOTE Confidence: 0.9068901

00:56:01.570 --> 00:56:03.226 but timeline unfortunately I don't know.

NOTE Confidence: 0.9068901

00:56:03.230 --> 00:56:04.904 I don't know if Scott or

NOTE Confidence: 0.9068901

00:56:04.904 --> 00:56:06.570 anyone else can speak to that.

NOTE Confidence: 0.8975932

00:56:09.160 --> 00:56:10.972 That's a really hard case and

NOTE Confidence: 0.8975932

00:56:10.972 --> 00:56:12.550 I think someone like that.

NOTE Confidence: 0.8975932

00:56:12.550 --> 00:56:14.398 You know, I hope you can.

NOTE Confidence: 0.8975932

00:56:14.400 --> 00:56:16.675 You know, seek out some some supervised

NOTE Confidence: 0.8975932

00:56:16.675 --> 00:56:19.560 help and and try to get back to the goals

NOTE Confidence: 0.8975932

00:56:19.560 --> 00:56:21.788 that you that you have for yourself.

NOTE Confidence: 0.8975932

00:56:21.790 --> 00:56:24.814 And thank you so much for taking

NOTE Confidence: 0.8975932

00:56:24.814 --> 00:56:27.290 the time to write that.

NOTE Confidence: 0.8975932

00:56:27.290 --> 00:56:30.656 OK, we have two minutes left.

NOTE Confidence: 0.8975932

00:56:30.660 --> 00:56:32.252 Some questions about how

NOTE Confidence: 0.8975932

00:56:32.252 --> 00:56:33.844 people can reach you.

NOTE Confidence: 0.8975932

00:56:33.850 --> 00:56:36.643 Those those of you who are actively

NOTE Confidence: 0.8975932

00:56:36.643 --> 00:56:37.840 prescribing exercise programs.

NOTE Confidence: 0.8975932

00:56:37.840 --> 00:56:40.600 Maybe what we could do is just say

NOTE Confidence: 0.8975932

00:56:40.600 --> 00:56:43.342 how you guys stay healthy in the

NOTE Confidence: 0.8975932

00:56:43.342 --> 00:56:46.298 midst of a pandemic and also seeing

NOTE Confidence: 0.8975932

00:56:46.298 --> 00:56:49.004 patients if you exercise at all.

NOTE Confidence: 0.8975932

00:56:49.010 --> 00:56:52.898 If you care to share and then we'll

NOTE Confidence: 0.8975932

00:56:52.898 --> 00:56:56.249 close out the last minute here.

NOTE Confidence: 0.8975932

00:56:56.250 --> 00:56:57.228 How about Janet?

NOTE Confidence: 0.8656776

00:57:00.340 --> 00:57:02.416 Well, I had the benefit of

NOTE Confidence: 0.8656776

00:57:02.416 --> 00:57:04.599 working in the hospital in the

NOTE Confidence: 0.8656776

00:57:04.599 --> 00:57:06.424 pandemic as a pharmacy runner,

NOTE Confidence: 0.8656776

00:57:06.430 --> 00:57:09.334 and I walked about 5 to 6 miles

NOTE Confidence: 0.8656776

00:57:09.334 --> 00:57:11.080 a day in Greenwich Hospital.

NOTE Confidence: 0.8656776

00:57:11.080 --> 00:57:12.511 So that really helped.

NOTE Confidence: 0.8656776

00:57:12.511 --> 00:57:14.653 But like many of my patients,

NOTE Confidence: 0.8656776

00:57:14.660 --> 00:57:16.706 I started to develop foot and

NOTE Confidence: 0.8656776

00:57:16.706 --> 00:57:18.512 knee pain from suddenly having

NOTE Confidence: 0.8656776

00:57:18.512 --> 00:57:20.387 walking as my only exercise.

NOTE Confidence: 0.8656776

00:57:20.390 --> 00:57:21.818 My gym was closed.

NOTE Confidence: 0.8656776

00:57:21.818 --> 00:57:24.714 I don't really have much at home so

NOTE Confidence: 0.8656776

00:57:24.714 --> 00:57:27.386 so I learned a lesson from that and

NOTE Confidence: 0.8656776

00:57:27.468 --> 00:57:30.888 actually have seen a lot of people who said.

NOTE Confidence: 0.8656776

00:57:30.890 --> 00:57:33.200 I was walking six miles a day

NOTE Confidence: 0.8656776

00:57:33.200 --> 00:57:35.958 and my feet are killing me right?

NOTE Confidence: 0.8656776

00:57:35.960 --> 00:57:37.712 But I've gradually returned.

NOTE Confidence: 0.8656776

00:57:37.712 --> 00:57:39.464 Back to the gym,
NOTE Confidence: 0.8656776

00:57:39.470 --> 00:57:41.678 as I've been brave enough to go there,
NOTE Confidence: 0.8656776

00:57:41.680 --> 00:57:43.348 so that's what I'm in the
NOTE Confidence: 0.8656776

00:57:43.348 --> 00:57:44.720 gym with the mask on.
NOTE Confidence: 0.6755711

00:57:45.630 --> 00:57:47.169 Thank you Stacy.
NOTE Confidence: 0.82600516

00:57:50.480 --> 00:57:52.298 So I love to bike. Like
NOTE Confidence: 0.82600516

00:57:52.300 --> 00:57:53.794 I said, I actually joined
NOTE Confidence: 0.82600516

00:57:53.794 --> 00:57:55.214 the cult following of Peleton
NOTE Confidence: 0.82600516

00:57:55.214 --> 00:57:56.840 during the during the pandemic.
NOTE Confidence: 0.82600516

00:57:56.840 --> 00:57:58.884 So I have to say that that's
NOTE Confidence: 0.82600516

00:57:58.884 --> 00:58:01.088 that's my ideal way of working out,
NOTE Confidence: 0.82600516

00:58:01.090 --> 00:58:02.610 particularly with a four month
NOTE Confidence: 0.82600516

00:58:02.610 --> 00:58:05.328 old and a 2 1/2 year old at home.
NOTE Confidence: 0.82600516

00:58:05.330 --> 00:58:06.239 So that's my
NOTE Confidence: 0.82600516

00:58:06.240 --> 00:58:08.959 that's my go to love that. Thank you, Kelly.
NOTE Confidence: 0.84038585

00:58:12.130 --> 00:58:14.368 During the pandemic I was also

NOTE Confidence: 0.84038585

00:58:14.368 --> 00:58:15.860 redeployed to the hospital.

NOTE Confidence: 0.84038585

00:58:15.860 --> 00:58:17.548 But unlike Doctor Friedman,

NOTE Confidence: 0.84038585

00:58:17.548 --> 00:58:20.080 I was redeployed to a completely

NOTE Confidence: 0.84038585

00:58:20.153 --> 00:58:22.715 sedentary job in front of the computer

NOTE Confidence: 0.84038585

00:58:22.715 --> 00:58:24.831 all day which gave me migraines

NOTE Confidence: 0.84038585

00:58:24.831 --> 00:58:27.495 and made me cry when I went home.

NOTE Confidence: 0.84038585

00:58:27.495 --> 00:58:31.055 So but my hours were eight to four.

NOTE Confidence: 0.84038585

00:58:31.060 --> 00:58:33.082 At 8:30 event, which are much

NOTE Confidence: 0.84038585

00:58:33.082 --> 00:58:35.240 later than my normal work hours,

NOTE Confidence: 0.84038585

00:58:35.240 --> 00:58:37.950 so I was able to get up in the morning

NOTE Confidence: 0.84038585

00:58:38.023 --> 00:58:41.159 and walk the neighborhood or do yoga or

NOTE Confidence: 0.84038585

00:58:41.159 --> 00:58:43.588 something prior to that sedentary day.

NOTE Confidence: 0.84038585

00:58:43.590 --> 00:58:45.522 Also, almost every hour I would

NOTE Confidence: 0.84038585

00:58:45.522 --> 00:58:47.895 just go down to the bottom level

NOTE Confidence: 0.84038585

00:58:47.895 --> 00:58:50.247 of branch hospital and up to the

NOTE Confidence: 0.84038585

00:58:50.321 --> 00:58:52.541 third floor on the stairs before
NOTE Confidence: 0.84038585

00:58:52.541 --> 00:58:54.724 returning back to the computer to
NOTE Confidence: 0.84038585

00:58:54.724 --> 00:58:57.153 try to do some sort of movement.
NOTE Confidence: 0.84038585

00:58:57.160 --> 00:59:00.283 And now I'm kind of back to my normal,
NOTE Confidence: 0.84038585

00:59:00.290 --> 00:59:01.178 you know, walking.
NOTE Confidence: 0.84038585

00:59:01.178 --> 00:59:03.640 And I've gone to the gym as well,
NOTE Confidence: 0.84038585

00:59:03.640 --> 00:59:04.822 like Doctor Freedman.
NOTE Confidence: 0.84038585

00:59:04.822 --> 00:59:07.580 Tom and I have three young kids,
NOTE Confidence: 0.84038585

00:59:07.580 --> 00:59:09.360 two or so you know,
NOTE Confidence: 0.84038585

00:59:09.360 --> 00:59:11.045 playing Wiffle ball and whatever
NOTE Confidence: 0.84038585

00:59:11.045 --> 00:59:13.280 we can do to stay active.
NOTE Confidence: 0.8622775

00:59:14.860 --> 00:59:16.558 Oh, thank you Kelly and Scott.
NOTE Confidence: 0.8239545

00:59:17.260 --> 00:59:18.870 Uh, yeah. So interesting Kelly.
NOTE Confidence: 0.8239545

00:59:18.870 --> 00:59:20.802 I was the opposite when I
NOTE Confidence: 0.8239545

00:59:20.802 --> 00:59:22.090 was redeployed last spring.
NOTE Confidence: 0.8239545

00:59:22.090 --> 00:59:24.540 I was doing inpatient care and so

NOTE Confidence: 0.8239545

00:59:24.540 --> 00:59:26.813 my hours shifted to 7:00 to 3:30

NOTE Confidence: 0.8239545

00:59:26.813 --> 00:59:29.169 and so I was getting home at 4:00.

NOTE Confidence: 0.8239545

00:59:29.170 --> 00:59:30.780 And so I you know.

NOTE Confidence: 0.8239545

00:59:30.780 --> 00:59:32.718 So instead of getting home later,

NOTE Confidence: 0.8239545

00:59:32.720 --> 00:59:34.784 you know I was home early and so

NOTE Confidence: 0.8239545

00:59:34.784 --> 00:59:37.286 the kids and I would actually go

NOTE Confidence: 0.8239545

00:59:37.286 --> 00:59:38.822 biking around the neighborhood.

NOTE Confidence: 0.8239545

00:59:38.830 --> 00:59:41.007 And so that's how that's how we

NOTE Confidence: 0.8239545

00:59:41.007 --> 00:59:42.994 got our closer to free training

NOTE Confidence: 0.8239545

00:59:42.994 --> 00:59:44.952 in last year was, you know,

NOTE Confidence: 0.8239545

00:59:44.952 --> 00:59:46.878 taking the kids around the neighborhood?

NOTE Confidence: 0.8239545

00:59:46.880 --> 00:59:48.917 You know, after after being inside all

NOTE Confidence: 0.8239545

00:59:48.917 --> 00:59:51.462 day and now and they have been on and

NOTE Confidence: 0.8239545

00:59:51.462 --> 00:59:53.819 they were inside all day on their screens,

NOTE Confidence: 0.8239545

00:59:53.820 --> 00:59:55.446 you know doing the virtual learning

NOTE Confidence: 0.8239545

00:59:55.446 --> 00:59:57.523 so they need to get out and exercise
NOTE Confidence: 0.8239545

00:59:57.523 --> 00:59:59.590 as well you know and so you're hearing
NOTE Confidence: 0.8239545

00:59:59.590 --> 01:00:01.650 a common theme here with, you know,
NOTE Confidence: 0.8239545

01:00:01.650 --> 01:00:03.270 trying to exercise with little kids.
NOTE Confidence: 0.8239545

01:00:03.270 --> 01:00:05.700 You know a lot of it is, you know,
NOTE Confidence: 0.8239545

01:00:05.700 --> 01:00:07.050 kind of picking your spots.
NOTE Confidence: 0.8239545

01:00:07.050 --> 01:00:08.094 I mean I will.
NOTE Confidence: 0.8239545

01:00:08.094 --> 01:00:10.277 I will drop my daughter off for soccer
NOTE Confidence: 0.8239545

01:00:10.277 --> 01:00:12.794 practice and then I will go for a run
NOTE Confidence: 0.8239545

01:00:12.794 --> 01:00:15.420 and then I will pick her up when she's done.
NOTE Confidence: 0.8239545

01:00:15.420 --> 01:00:17.580 'cause that's the only time that I've got.
NOTE Confidence: 0.8239545

01:00:17.580 --> 01:00:19.260 And so you learn how to.
NOTE Confidence: 0.8239545

01:00:19.260 --> 01:00:21.178 Mine is little holes in your schedule.
NOTE Confidence: 0.8239545

01:00:21.180 --> 01:00:22.515 You learn to get creative
NOTE Confidence: 0.8239545

01:00:22.515 --> 01:00:24.190 or the other thing you know.
NOTE Confidence: 0.8239545

01:00:24.190 --> 01:00:24.738 You know,

NOTE Confidence: 0.8239545
01:00:24.738 --> 01:00:25.286 Doctor Stanton.
NOTE Confidence: 0.8239545
01:00:25.286 --> 01:00:26.930 I know you and I we.
NOTE Confidence: 0.8239545
01:00:26.930 --> 01:00:28.442 We need to start getting on
NOTE Confidence: 0.8239545
01:00:28.442 --> 01:00:29.950 the bike and start raining.
NOTE Confidence: 0.8239545
01:00:29.950 --> 01:00:32.094 So again use the buddy system and you
NOTE Confidence: 0.8239545
01:00:32.094 --> 01:00:34.060 motivate each other and you say alright,
NOTE Confidence: 0.8239545
01:00:34.060 --> 01:00:34.548 I will.
NOTE Confidence: 0.8239545
01:00:34.548 --> 01:00:36.500 I will be at your house at 7:00
NOTE Confidence: 0.8239545
01:00:36.571 --> 01:00:37.887 AM on Sunday morning.
NOTE Confidence: 0.8239545
01:00:37.890 --> 01:00:39.196 Let's go.
NOTE Confidence: 0.8239545
01:00:39.196 --> 01:00:39.849 That's
NOTE Confidence: 0.8553685
01:00:39.850 --> 01:00:42.124 right, well, it's 3 minutes past
NOTE Confidence: 0.8553685
01:00:42.124 --> 01:00:44.580 the hour for contact information.
NOTE Confidence: 0.8553685
01:00:44.580 --> 01:00:46.184 Further questions, please call.
NOTE Confidence: 0.8553685
01:00:46.184 --> 01:00:48.590 Feel free to email us at
NOTE Confidence: 0.8553685

01:00:48.665 --> 01:00:50.597 cancer answers at yale.edu.

NOTE Confidence: 0.8553685

01:00:50.600 --> 01:00:53.592 Otherwise, I will see you back here next

NOTE Confidence: 0.8553685

01:00:53.592 --> 01:00:56.618 week where we're talking about sexuality,

NOTE Confidence: 0.8553685

01:00:56.620 --> 01:01:00.160 intimacy and menopause symptoms after cancer.

NOTE Confidence: 0.8553685

01:01:00.160 --> 01:01:01.930 And thank you for our panelists

NOTE Confidence: 0.8553685

01:01:01.930 --> 01:01:03.110 an your time tonight.

NOTE Confidence: 0.8553685

01:01:03.110 --> 01:01:05.590 I think this is really successful and we

NOTE Confidence: 0.8553685

01:01:05.590 --> 01:01:07.830 couldn't have done it without all of you.

NOTE Confidence: 0.8553685

01:01:07.830 --> 01:01:10.230 So thank you very much.

NOTE Confidence: 0.8553685

01:01:10.230 --> 01:01:12.370 Good night everyone.

NOTE Confidence: 0.8553685

01:01:12.370 --> 01:01:13.450 Tonight.